



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

Issue 2

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Sports Science Support

As an athlete it is important that you understand the nutritional requirements of a balanced diet and the use of each food type

Carbohydrates: are important because they maintain our body's energy stores. Pasta is a good source of carbohydrate.

Fat: is important because it provides energy and warmth. DO NOT have too much of this!!

Protein: The essential use of protein is as a body builder in respect of muscles and as a repairer of damaged tissue.

Balanced Diet in Percentages for an Athlete (%)

Carbohydrates: 55%

Fat: 15%

Protein: 30%

Batting (The Set-Up: Grip and Stance)

In Newsletter 1 we looked briefly at the basics of batting (Set-Up, Backswing and Step, Pre Contact, Contact and Post Contact). In this addition of the Newsletter we will focus on the "Set-Up" which consists of the Grip and Stance. The Grip and Stance are two fundamental parts of batting. If these are correct the batter has a good base to start from, and has every chance of everything else falling into place. If the Set up is poor and leads to poor outcomes, you and your coach should look at correcting them.

Grip: The two hands should be close together on the bat handle, comfortably close together as opposed to 'jammed' together. Hands are normally placed towards the top of the handle. The top hand

should be slightly more in control at this stage. The V's of the hands should be in line (see picture top right). Be aware of hands being apart and the bottom hand becoming dominant with the bottom hand moving round underneath the bat handle. These stop the hands working freely and restrict a full swing and follow through, therefore effecting the power and success of the shot.

Stance: With regards to the stance you should have your feet shoulder width apart (see picture right). 'Too narrow' and batters lose stability. 'Too wide' and young batters may become overly stable which will stop the batter moving effectively into the line of the ball. Feet should be roughly parallel or slightly 'open'. Be aware

not to get too 'closed off' - this is referred to when the front foot moves across to the offside and blocks the bat path leading to limited range of shots. Weight should be spread evenly across the feet. Hips and shoulders need to be in alignment, front shoulder should be pointing down the pitch. Head and eyes need to be level and fixed on the ball. Knees should be flexed and in a good ready position, so that the batter can move effectively forward, back and into the line of the ball. Remember there is a difference between the bat position in the Stance and the Backswing. We will review this issue in Newsletter 3.

Howard Dytham
(Performance Manager)



"Grip"



"Stance"

Fielding on the One

Fielding on the one refers to those fielding positions like Point, Extra Cover, Mid Wicket, Square Leg, Mid off and Mid On. The fielders are looking to prevent the batters taking singles, stop balls reaching the boundary and to create pressure on the batters. These kind of positions have often been filled by people associated with being the best fielders in the world for example Paul Collingwood (ENG), Jonty Rhodes (SA) and Ricky Ponting (AUS).

To be an excellent fielder you must have the motivation to do it and aim to be the best fielder in the team. You need to be physically fit (agile, flexible, good reactions and powerful). Also you should have good awareness of the ball and batters, other fielding positions (including your own) and awareness of the conditions (i.e. the Wicket and the Out Field).

The "Ready Position" is vital (see picture right):

1. Weight and Head Forward
2. Get in a good position 'Crabbing'
3. Get low early and stay low
4. Line the ball up, remain low
5. Create a big hand (unit) to pick the ball up
6. Release quickly (momentum towards the target)



"Crabbing" from the "Ready Position"

Key Coaching Point: Attack the Ball and Stay Low