

CricketCoach.info presents coaching tips from miCricketCoach

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Hi,
Sometimes a picture paints a thousand words so **John Hurley** and **Gary Palmer** have both provided us with video tips to help you become a better batsman.

We also examine the two ways you can bowl and how to deal with nerves and the fear of failure. The miCricketCoach show is back with another episode for you to download and listen. So whether you learn by reading, watching or listening there is a tip here for you this week.

Have a great weekend,

About



Welcome to your guide to playing better cricket.

Paul Griffiths and David Hinchliffe have teamed up to help you become a better player. As you know, Paul is a qualified cricket coach and umpire in Surrey. David runs the popular coaching website: miCricketCoach.

Through this weekly newsletter you can gain valuable tips on every aspect of playing cricket from fitness and nutrition to detailed technical advice. Your **questions and comments** are always welcome.

CricketCoach.Info

How to improve your footwork on the back foot

In this free video, Gary Palmer reveals a simple drill that any age or skill level cricketer can use to improve their back foot positioning for defence, drives, cuts and pulls.



This video is a free sample from **Gary Palmer's online coaching course on defensive shots**. It contains more video drills on how to play defensively and further build up your confidence against short bowling, especially when it's fast and short. The full video contains further progressions and a detailed technical breakdown of each shot.

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An advanced drill to improve your control in front foot drives

This free video drill makes the batsman concentrate on three different elements of control: Controlling the shoulder; controlling the hands and controlling the swing while remaining flexible.

Each part of the drill can be done stand alone, but combining the actions will 'build the shot up' gradually.



Control is the key!



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How to take wickets by staying in the game



There are basically two ways to bowl a cricket ball.

The first is trying for the 'magic' ball. Perhaps it's the yorker that swings in fast and late, or the off spinner that drifts away before turning and bouncing. They are unplayable and make the batsman look helpless against your superior skills.

A lot of bowlers spend a lot of time trying to run through the opposition by bowling like this and ending up frustrated. The yorker is slightly over-pitched and becomes a full toss. The off break doesn't turn or spit and is smashed through the covers.

My own team played a game recently where we won against the odds by attempting a different approach: To bowl at the stumps.

Conditions in this game were not conducive to ripping through the opposition. The pitch and the outfield were slow. The sun was warming us in a cloudless sky.

The captain was quick to pick up on the situation. He knew no matter how good or bad his bowlers, scoring would be difficult. He told the bowlers to keep the ball on a length hitting off stump or a little straighter. The bowlers responded and what do you think happened?

The opposition eventually messed up. Frustration set in. The batsmen had nothing to hit. They tried to manufacture runs but none of them had professional level skills to do so; most of the time they ended up hitting it to a fielder. We stood in the slip cordon watching them gradually commit cricketing suicide.

And we won by bowling them out, despite only having 118 runs to defend.

My point is that you don't need to swing it round corners or turn it square to take wickets. If you stay patient, **set fields well** and keep smiling even when it's going wrong then you are in the game.

And you can only win if you stay in the game.

Image credit: [salsaboy](#)

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How to deal with nerves and the fear of failure

This week coach, former player and miCricketCoach contributor Mark Atkinson discusses dealing with nerves and the fear of failure.

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Cricket Show 30: Ways to improve your consistency

David reveals his failure on two fronts this week while Kevin tells us about his new backlift. In the rest of the show we discuss some comments you have left about previous shows and also answer your questions on:

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