

These are fun exercises to develop Striking

EXERCISE 1 BAT GRIP

ORGANISATION

- Hold the bat or racket in the dominant hand; the thumbs should face down the handle of the bat
- Practise the grip by turning the bat using the wrist

KEY POINTS

- Use a bat or racket with a large head and short handle initially
- Gradually progress to a bat or racket with a smaller head and longer handle
- The players should be able to control the bat or racket with one hand



EXERCISE 2 BAT AND BALL INTRODUCTION

ORGANISATION

- Roll the ball forward and back underneath the bat
- Challenge the players to roll the ball underneath one knee between the free hand and the bat
- At first stop the ball, then roll the ball continuously
- Move the ball around the body in a figure of eight using the bat

KEY POINTS

- Use the dominant hand to hold the bat
- Use controlled steady movements



EXERCISE 3 BAT DRIBBLE

ORGANISATION

- Dribble the ball around the playing area using a bat
- Use both the left and right sides of the bat
- To vary, allow the players to tap away the balls of the other dribblers

KEY POINTS

- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players



EXERCISE 4 BAT: WALL STRIKE

ORGANISATION

- Begin in a kneeling position using a two handed grip
- Initially stop the ball as it returns from the wall; progress to striking the ball continuously
- Move from a kneeling to a standing position and from striking along the ground to striking after a bounce
- Finally challenge to players to strike the ball off the wall without letting it bounce

KEY POINTS

- When standing, move the feet to place them side on to the wall
- Strike across the front of the body for accuracy



EXERCISE 5 BAT AND BALL BALANCE



ORGANISATION

- Place the ball on the bat
- Move through various positions attempting to keep control of the ball
- Progress to walking, then jogging, then hopping on one or both legs
- Challenge the players to balance the ball while walking along a bench
- To reduce the difficulty of the exercise use a bean bag or a larger ball at first

KEY POINTS

- Ensure the correct grip is used, holding the bat in the dominant hand with the thumb facing down the handle
- Use two hands if appropriate

EXERCISE 6 BAT AND BALL BOUNCE



ORGANISATION

- Bounce the ball on a bat
- Move through various positions attempting to keep control of the ball
- Progress to walking, then jogging, then hopping on one or both legs
- Challenge the players to bounce the ball off the ground with the bat, then to tap the ball higher as it reaches the top of the bounce

KEY POINTS

- Ensure the correct grip is used, holding the bat in the dominant hand with the thumb facing down the handle
- Use two hands if appropriate

EXERCISE 7 PANCAKE TOSS



ORGANISATION

- Each player has a ball
- Initially toss the ball only a small distance into the air
- Gradually increase the height of the toss as technique improves

KEY POINTS

- Pick a point in the air to help toss the ball with accuracy
- As the ball impacts the bat on the way down soften the grip to control the ball

EXERCISE 8 SQUASH



ORGANISATION

- The players stand a reasonable distance from the wall
- In turn each strikes the ball as it returns from the wall
- Initially allow the ball to bounce before striking; progress to striking continuously with no bounce

KEY POINTS

- Move the feet to place them side on to the wall
- Strike using the forehand or backhand to suit the oncoming ball