

Exercise 1

Watch an over of Test cricket.

Turn the commentary off! It's fun, but try watching and deciding for yourself what is going on.

England vs. Australia, Investec Test series 2013, 1st Test, Day 2, morning session

https://youtu.be/nZR-rgHhA_k

I am going to suggest you look at the 3rd over of the morning (6.45 on the recording), Finn to Smith & Hughes.

Really watch — what does the batter do each ball? How do they play? What strokes? Attacking or defensive?

You might want to make some notes as you watch; stop the playback if you like (but there's probably time enough between each delivery).

Don't judge — don't try to decide if it is good or bad (we can do that later). Don't worry too much about how the batters play.

For now, let's try to work see what is actually happening.

- What strokes are played?
- How many times did the batters hit the ball hard?
- Where did the ball pitch when they hit attacking strokes? Full, short, in-between?
- What strokes did they play to score runs?
- Where did the ball pitch when they played defensive strokes? Why did the batter play a defensive stroke?

Now, discuss what you have just watched with your team mates & your coach.

[coach to lead this section, and suggest answers if the players struggle]

- Did you all see the same things?
- Which team would have been happiest after this over?
- If you were the batters, what would you change?

Better Cricket – more than just a game!