

Exercise 1

Watch an over of T20 cricket.

Turn the commentary off! Try watching the game and deciding for yourself what is going on.

Essex vs. Surrey, T20 Blast 2019: https://youtu.be/Lq9K6_XWmOc

I am going to suggest you look at the 5th over of the Essex innings (18.50 on the recording), Tom Curran to Cameron Delport & Tom Westley.

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 — there's a lot going on!

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.

For each delivery

- line & length; pace/pace-off; swing/swerve/spin; any other variation
- What stroke might you expect to each delivery?
 - What would the textbook response be?
 - In a Test match, what stroke would you expect to see?
 - What might your coach say you should do to a similar delivery?

Advanced questions

- What did the batter do to play the stroke he did?
 - Did he stand still, or move?
 - Did he hit the ball up, or down?
 - What risks did the batter take?

Better Cricket – more than just a game!

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