## Batting – Grip, Set-up and Stance

The below shows a grip, set-up and stance for a right handed batsmen. For a left handed batman the grip would be the opposite way round i.e. right hand at top and left hand at bottom. In their stance their right foot should be at the front, as opposed to the left.

Description: all successful strokes start with an effective grip, stance, backswing and step

Outcome: establish a balanced and comfortable position from which all batting strokes can be played

## Grip, set-up and stance

- Grip established
- · 'V's' largely aligned
- Side-on to bowler
- Feet shoulder width apart, relaxed stance
- · Knees flexed
- · Head still, eyes level



