N-BATTING - A batting warm up practice

Set cones up in the shape of an N

Stage 1 - batter moves between cones using quick footwork and creating a solid position at each cone.

Stage 2 - batter shadows a shot at each cone. Front foot shot after forwards footwork and back foot shot after back foot movement.

Stage 3 - batter hits a front foot drive after final front foot movement.

Stage 4 - batter hits front foot shot after each front foot movement.

This can be used a full sequence or just a part of it used depending on players and facilities.

Coaching Points:
- Balance and steady head when moving with quick feet. Experiment with best way to move.
- Balanced when playing each shot.
- Normal batting coaching points apply (Balance, bat face control and weight transfer).

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