



The R66T Academy Batting Series Workbook

Welcome to the R66T Academy Batting Series. This series will allow you to demonstrate and groove your strengths and a batter as well as working on and developing your areas for improvement.

Name: _____

Please complete the following sections:

Strengths: _____

Areas for Improvement: _____

Opportunities: _____

Threats: (To you making improvements) _____

Please note: We do not need to see any of the work that you complete throughout this handbook, it is a personal reflection and therefore is solely down to you.

Use the spaces here to record what happened during each session along with any action points you need to address. Billy and Joe Root do this type of exercise after their training sessions to improve as players.

Session 1

What have you taken away from this session that will help you for the future?

Session 2

What have you taken away from this session that will help you for the future?

Session 3

What have you taken away from this session that will help you for the future?

Session 4

What have you taken away from this session that will help you for the future?

Session 5

What have you taken away from this session that will help you for the future?

Consider the following questions, how may your answers have changed over the previous 5 weeks?

Question	Week 1	Week 5
How do you judge length?		
What does positive batting mean?		
How do you attack when you are defending?		
What does alignment mean?		
How does your balance at the crease affect where you want the ball to go?		
Do you understand your pick up? What does it look like?		
What does 'holding your shape' mean?		
Do you know why you take your guard where you do?		
How does your movement change when moving down the wicket to spinners?		
How effective are you at sweeping spinners?		

When you practice, is there a focus for each of your sessions?		
Do you measure if the session is successful? How do you do this?		