

8. Dilshan

Other players field at the hitting zones. Rotate batter, player with most targets hit wins.

Game or Net Session

(30 min)

Game:

2:2 or Lords Game

Nets:

Ask batsman to hit alternate balls on ground and in the air

Ask batsman to hit 6 consecutive balls as hard as possible then next 6 as softly as possible.

Ask batsman to hit alternate balls to leg side and offside. Set target for successful hits.

Progress: Use cones to mark out target zones for batter (set up for Round the Clock), hitting targets in a clockwise fashion