

What parts of your technique fit the orthodox way?

What shots do you play that are “technically correct”?

What shots do you use that are not in the traditional textbook?

What parts of your technique are not as orthodox?

What changes can you make to your individual technique to improve your effectiveness?



How effective are your methods ?



Get someone to watch or film you batting. Does your head lead you into shots?

Do you have a high or low backlift?

What is your trigger move (if anything)

How effective are your methods ?

What shots do you get out to most?



# Kevin Pietersen – Total Batting Worksheet

# TECHNIQUE CORRECTION

| Date | Skill | Balls | Good | Bad | % Success |
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Instructions: Complete the sheet by entering the date of the session, technical skill (head position, trigger move, backlift) total balls you faced, how many balls you made a good contact with the bat, how many balls you made a bad contact with the bat (edged or played and missed) and the percentage of success (good/ballsx100). Over time you will see your %success improve as you develop your individual technique.



# Kevin Pietersen – Total Batting Worksheet

# TECHNIQUE

| Date | Next Opponents | Opp Strength | Practice Type | Time Batted | Extra Time |
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Instructions: Complete the sheet by entering the date of the session, name of your next opponents, their bowling strength (i.e. right arm away swing), the type of practice you did, how long you did it for and any extra time you practiced after your slot. Ideally the type of practice should match the likely bowling you will face and you will always do extra practice.



## Session Review

Instructions: Complete the sheet by entering a detailed review of your last training session. Consider the type of practice you did compared to the type of bowling and pitch you will come up against. Think about how your practice matches your likely game plan and decide how ready you feel. Finally set a goal for what you want to achieve in the next session.

