"I used to play away for ages on my own and it was just fun. It never entered my head that I was training my eye sight and coordinating my movements. It didn't register to me at all in those days, now I realise the significance of it all."

- Sir Donald Bradman, reflecting on his famous stump and golf ball game.

## Included:

### **Brad Bat**

Flat face – for a consistent return to build confidence and motivation while improving hand-eye coordination, concentration and technique.

**Curved face** – more inconsistent return but when mastered can make you a superstar like **Sir Donald Bradman**.

### 3 x Rubber Balls

Beginner – 9cm diameter All-rounder – 5.8cm diameter Expert – 4cm diameter

### Pitch (artificial turf)

1m x 1m artificial turf to represent the pitch and act as a guideline for play.

### Carry bag

For easier transportation.

www.bradboy.com.au





## Practise:

Find a suitable location against a wall. Take out *Brad Boy* and continuously practise hitting the variety of ball against the wall. As you get comfortable with one ball interchange to a smaller ball. Once you have mastered the flat face, for more of a challenge hit using the curved side.

Do at least 15 minutes per day to build you basic fundamental batting skills.

Practise your skills in the nets or in game to visibly see the results and enhance your performance.

# Try:

Step away from the wall and volley balls in the air using the Brad Bat to increase concentration and hand eye coordination — these skills will be valuable when batting long on a hot day.

### Pitch simulators (Cracks)

Try adding your own pitch simulators for added difficulty. This includes natural items like bark and pebbles

## Simulation:

Brad Boy can simulate all format matches into short single or multi-player games. Simulating is very enjoyable and also serves as an incentive to focus and build your batting skills.

## Order:

Top 5 batters – Beginner Ball Middle order 6-8 – All-rounder ball Tail enders 9-11 – Expert ball



#### **Simple Bradboy Rules:**

Top 5 batters - Large Ball

Middle order 6-8 – Medium ball

Tail enders 9-11 - Small ball

#### Test:

How long can you go?

2 innings (22 wickets total each)

Two player available 2 innings each

Can add small uneven objects under mate on second innings to reflect a changing pitch.

#### One day:

Scores calculated in in time frame.

11 wickets or time

Lose wicket - wait 10 seconds

Time - 8 minutes

#### T20:

Shorter game calculated by time

11 wickets or time

Lose wicket - wait 10 seconds

Time – 5 minutes

Try stepping away from wall and volley balls in the air using the Bradboy Bat to increase concentration and hand-eye coordination.

#### ALSO:

With a large group, step away from wall and lay grass in front of the batter with a bowler bowling from a pitch length with fielders.





Date:

BATTER	RUNS	FOW
1		1/
2		2/
3		3/
4		4/
5		5/
6		6/
7		7/
8		8/
9		9/
10		10/
11		11/
TOTAL:		
Lead by:		
Trail by:		
	Won by:	