



## STAGE 2 / 3

### Biography and Batting – Sir Donald Bradman AC

**TEACHER NOTES:** *The Art of Cricket* by Don Bradman

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I am a great believer in taking very special care to obtain the best equipment. It can play a tremendous part in building up confidence.

*... why we are using plastic bats today*

For the young lad it is important to get a bat of the right size.

*... let the kids have a look/feel/hold of the various bats*

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I started my Test career with a full size but changed later on to a Short Handle which I used for the greater part of my career. My height is 173cm and I found the full-length handle slightly cumbersome for my build and stroke play.

*... you can measure your height against the Don's in the Kids Gallery*

There is a great thrill about having one's very own bat. I can still remember the excitement of my first possession. A teammate gave me one of his old bats which had split at the bottom. My father sawed off the damaged end and partially reshaped the blade. Despite the need for repairs and the obvious defects, no other bat ever quite took the place of that one in my affections.

*... the Don's first bat is in the Bradman Gallery*

Talk about:

- knocking in a bat
- grips
- safety
- pads & gloves

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I know it's rather hackneyed to say one should always look like a cricketer even if you aren't one, but the adage will always hold good.

The sum of greatness is made up of small things. The player who is interested enough and takes care of minute details is the one who is likely to triumph at a critical moment.

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Attention to detail denotes enthusiasm, without which there can be no good or really enjoyable cricket.

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Batsmanship is an art which consists (of)...timing and judgement.

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I firmly believe the bat should rest on the ground but the final lifting of the bat should not occur until just before the bowler actually delivers the ball.

Footwork and balance and their coordination will always remain the cornerstones of batting.



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Success with the bat does not, according to history, depend on a particular type of physique.

...

The two most important pieces of advice I pass on to young batsmen are to (a) concentrate and (b) watch the ball.

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I would counsel every boy (girl) who is interested in batting to play with a ball at every opportunity. Whether it be a golf ball, tennis ball, baseball or any other kind doesn't matter. It will help train the eye and co-ordinate brain, eye and muscle.

Page 29 – The Grip

A splendid coach was asked by a lad what the correct grip was. The coach told the boy to lay his bat face down on the ground with the handle pointing towards him and then stoop down and pick it up with two hands as though proposing to use it.

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The boy did and was immediately told that this was the proper grip.

Page 32 – The Stance

The knees should be slightly relaxed. It is a mistake to crouch right over or to stand completely erect.

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Notice that the feet are about 15cm apart and that the weight is equally distributed.

...

I allowed my bat to rest on the ground between my feet simply because it was a comfortable and natural position.