



THE EASTLAKE WAY



TEAM

We are a **TEAM**, we celebrate as a **TEAM**, we support each other as a **TEAM**, and everything we do is for the **TEAM!**

OFF THE FIELD

- Always think: “What can I do to **HELP** the team?” (e.g. throwdowns, run some water)
- Watch the match and **LEARN** from other batters/bowlers
- Clap the achievements of your teammates

ON THE FIELD

- All **POSITIVE** body language!
- Keep trying, right to the end
- **ENCOURAGE** your teammates
- Play hard, but **FAIR**
- Clap the achievements of our opposition (e.g. batsmen retiring)

BATTING

- Watch the ball closely – **FOCUS**
- **RELAX** between balls – ‘switch on’ when the bowler is at the top of their run up
- Play to your strengths
- Attack with our running between the wickets (back up **EVERY** ball)
- Look for singles and convert 1s into 2s
- Communicate clearly with your partner
- Build **PARTNERSHIPS**, no clumps of wickets
- Take advantage of bad balls
- Show patience and **DISCIPLINE**

BOWLING

- Develop a plan and bowl to it - **DISCIPLINE**
- Always strive to take wickets
- Bowl to the batsmen’s weakness, not their strength
- Bowl full and at the stumps, make batsman drive (hit the top of off stump)
- Build pressure, back to back dot balls
- Don’t bowl until your field is set
- Ball 1 and ball 6 are important! Start and finish your over with dots.
- Work with your Captain & fielders

FIELDING

- You are **ALWAYS** in the game, backing up
- Talk **EVERY** ball (everything positive!)
- No Negative body language
- Don’t be lazy – always put in 100%
- Make sure of your **CATCHES** - catches win matches!!!
- Walk in with the bowler – want the ball to come to you
- Look for the run out – pressure the batsmen
- Get your body behind the ball
- Bowlers and captains - think about your field positions