

FORCE TRAIN BETTER

IMPROVE YOUR GAME

www.forcetrainbetter.com

Used in leading Cricket Coaching Centres, Cricket Academies and Cricket Schools all over the world

Our training aids are designed to help players at all levels improve their game. If you are a serious cricketer then you should have these training aids in your kit bag

COACH BETTER - TRAIN BETTER



TECHNIQUE - CONTROL

FORCE T2 BAT



Develop and build your technique. Iron out faults and improve hand eye coordination.

Nothing will hone your skills and technique better than developing them using resistance training.

No special training drills. Simply use this bat during the middle third of every net session.

Feel the difference in a few months. The T2 Bat will improve your footwork, create better timing and increase the control you have over the bat allowing you to be able to place shots through the field.

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POWER-BALANCE-TIMING

FORCE T4 BAT



The amount of power generated at the point of impact relies on a number of factors. From a batting perspective these include bat swing speed, bat blade hardness and resistance that comes about through correctly distributing your body weight.

If you maximize your potential in these areas you will greatly improve your timing.

In order to achieve your maximum bat swing speed potential you need to maximize the strength potential of the muscle groups used for swinging a bat. Different shot types use different muscle groups. To create resistance you need to be able to move your feet into the best position to maximize weight distribution.

The T4 Bat used regularly in net sessions will help you maximize bat swing speeds and align body weight distribution so that you time the ball better and maximize power

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STRENGTH-ENDURANCE

FORCE T6 BAT



Based on studies of modern day training methods and bat weights we have determined that the average first class cricketer only maximizes his or her bat swing speed potential to 86%. Premier league players achieve around 76%. As such a first class cricketer who swings the bat at 40 k/hr when playing a cover drive could in fact swing the bat at 46 k/hr with the right training.

Further studies carried out on a range of Big Bash T20 matches indicated that the average team scores based on real verses potential outputs maximized out at 72%. This means that a team score of 120 could well have been 167 if the players had been trained in order to maximize output potential.

All Force Training Bats are designed to help players maximize their potential in a range of key areas conducive to making runs. The bats are designed to develop the right amount of strength while maintaining speed.

The T6 Bat will maximize your movement speed potential and increase your endurance levels so that you maintain speed and concentration for longer periods.

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NARROW BATS



FORCE TS

Why compromise on weight? You use full weight bats in a match so why train with a light bat? The TS and TS2 allow you to train and develop hand eye coordination using bats that are weighted so that you do not compromise on speed movement.



FORCE TS2

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CRICKET BALLS



Nowdays more than ever the principles of good bowling need to be engrained into a bowler's amoury if they are going to succeed in reducing runs rates and taking bag fulls of wickets. Heavier bats, field restrictions and shorter boundaries stack things against the modern day bowlers.

The time is here for training and development methodologies to focus on developing bowlers who possess greater ball control, more spin rotations and pace maximization. Line and length need to be spot on and the ability to vary pace and throw up odd balls is a must.

The Force range of overweight/underweight cricket training balls allows coaches and players alike to use resistance training to improve these key aspects of a player's game.

Speed - Control - Line - Length - More Spin

A Must Addition to Your Kit Bag

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