

Specific sports activities:

**Cricket:**

Straight drive: <https://www.youtube.com/watch?v=gjHTNSWG3Tw>

Off drive: <https://www.youtube.com/watch?v=zVeEdhoj5g4>

On drive: <https://www.youtube.com/watch?v=aQV0ljR7nBw>

Long barrier: <https://www.youtube.com/watch?v=aFCK89IWQ00>

Bowling: <https://www.youtube.com/watch?v=zWgpvFdidFQ>

Batting, bowling and fielding training: <https://www.youtube.com/watch?v=K4BO8Y89nfw>

**Tennis:**

Serving: <https://www.youtube.com/watch?v=e-FPJkaqBRE>,  
<https://www.youtube.com/watch?v=uMEQbBYvtYQ> ,  
<https://www.youtube.com/watch?v=ypyeOJTEfw>

Stokes: <https://www.youtube.com/watch?v=wYWBtC-3ScA>

Volley against a wall: <https://www.youtube.com/watch?v=paxQc1V1U08>

Footwork: <https://www.youtube.com/watch?v=1XSy4Buhk50>

**Rounders:**

Long barrier: <https://www.youtube.com/watch?v=aFCK89IWQ00>

Target throwing and fitness: <https://www.youtube.com/watch?v=BGWKdT60IHc>

**Athletics:**

Balance: <https://www.youtube.com/watch?v=5dhoMFicF5Y>

Standing long jump: <https://www.youtube.com/watch?v=boLu0dLcHSU>

Speed bounce: <https://www.youtube.com/watch?v=V3kQjOSY-sU>

Target Throw: <https://www.youtube.com/watch?v=jDv0Q0kHqEc>

HiSteppers: <https://www.youtube.com/watch?v=JbxKxm91MSE>

Chest Push: [https://www.youtube.com/watch?v=\\_cQPCn9R-Lc](https://www.youtube.com/watch?v=_cQPCn9R-Lc)

Vertical Jump: <https://www.youtube.com/watch?v=Zo24aRHN0dQ>

Shuttle runs: <https://www.youtube.com/watch?v=Mxl3mNpe5tk>

Javelin: <https://www.youtube.com/watch?v=f1FQPj4xZVE>

Standing triple jump: <https://www.youtube.com/watch?v=2VtIJDJpTN4>