

## TECHNIQUE : GRIP

# SHAKE HAND GRIP

How to get it started:-

- One bat per player
- As the name suggests, players 'shake hands' with their bat
- The thumb and first finger are on the playing surface and lie roughly parallel with the straight edge of the rubber
- Other three fingers wrap loosely around the handle to provide stability and balance



The key points about this grip are:

- 1 Your thumb and first finger should lay along the playing surface, roughly parallel with the straight edge of the rubber.
  - 2 Your other three fingers should be relaxed around the handle of the bat – do not grip too tightly as this will 'lock up' the muscles in your arm and inhibit your touch, the speed of your strokes and the amount of spin you can impart on the ball.
  - 3 The shoulder of the blade should lay in the 'V' between your first finger and thumb, so that if you drew a straight line extending from the top edge of the blade, it would continue down your forearm.
- This grip will give you the ability to develop good control of the bat angle, and the 'feel' of the ball on the bat. It will also enable you to play strong strokes on both the forehand and backhand equally without changing your grip – again this will improve your control of the ball, especially in the early stages playing.