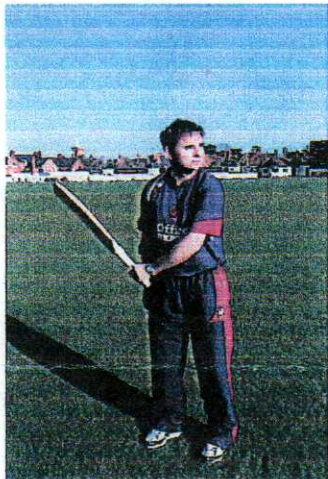
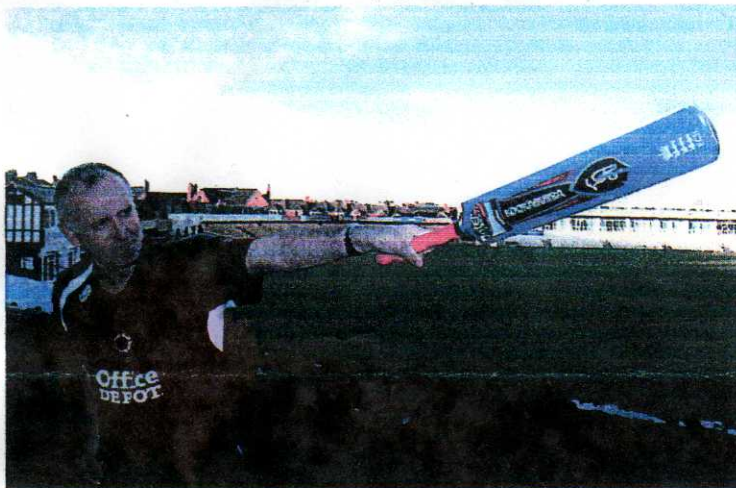


- Swing the bat back over and off stump area, finishing with hand level with waist-band of trousers. Hold for a few seconds. This should feel comfortable and remain so during this holding period.



- Swing the bat through to shoulder height and once again hold this position comfortably, without shaking, for at least **ten seconds**.



- If there are any signs of discomfort, either during the backswing or follow through and hold period, the bat is likely to be too heavy for the individual concerned.