

# BAT SIZE GUIDE

## UNDER 11 RECOMMENDATIONS

# JUNIOR CRICKET

A bat that is the right weight and size for a player will ensure they can swing the bat freely and strike the ball cleanly in order to score runs. A lighter bat will make it easier to run between the wickets too! A big bat might look impressive but it will make it harder to play well.



### THE BAT SHOULDN'T:



Be too tall

OR



Be too heavy

### HOW TO CHOOSE THE RIGHT SIZED BAT

**Step 1:** Choose a bat that is the **right height** for the player. Here's a guide:

- > The player should be able to stand the bat next to them with the handle resting just below the hip joint (see picture)

Bat Size	2	3	4	5
Player Height (m)	1.29 - 1.37	1.38 - 1.44	1.45 - 1.50	1.51 - 1.60

**Step 2:** Choose a bat that is the **right weight**

- > The **lighter the better** as it makes it easier to swing freely
- > The research suggested a Size 4 bat less than 1,75lb, was the most preferred by this age group
- > The player should be able to swing the bat freely with only the top hand on the bat



Let Greg Chappell show you what to look for when buying a bat: <http://community.cricket.com.au/clubs/junior-formats/frequently-asked-questions>

**RIGHT BAT = MORE FUN! MORE RUNS! BETTER EXPERIENCE!**

