



Madrid, February 6<sup>th</sup> 2009

Training Aid

## Knocking In Your Bat

1. Use raw linseed oil to moisten the surface of the bat. This also has the effect of making the fibres of the wood supple and knit them together, making the surface of the bat more elastic. As a result, there will be less chance of the bat cracking on impact.
2. The linseed oil should be applied three times to the bat prior to starting the physical process of knocking the bat in. After each application, the bat should be left overnight. Each coat should be a teaspoon full of linseed oil, applied to the face of the bat with a cloth / rag or fingers with any excess spread over the edges and toe of the bat. Rinse the cloth after each use and discard when finished.
3. The physical knocking in should start at the middle of the bat. Hit the bat hard enough to create a dent and then gradually compress the area around the initial dent until the dent has disappeared.
4. Edges need to be rounded to avoid damage from the hard new ball. Strike the edges at 45 degrees to the face, creating a dent again and then gradually evening out the edge until it has a smooth, rounded appearance. Hitting the bat a 90 degrees to the face decreases the width and increases the likelihood of cracking.
5. Knocking in should take between 10 and 15 sessions of 10 minutes each.
6. To check whether a bat is knocked in correctly, take it into the nets and play some shots against an old ball. If the bat comes away with deep seam marks to the point of almost cracking, then more knocking in is required.

Stewart Lunn, Treasurer

