



Phoenix CC – Parents Bat Buying Guide

GUNN & MOORE RECOMMENDED BAT SIZES	
Height of Junior Player	Recommended bat size
Up to 120cm (3'9")	0
120-129cm (3'9" - 4'2")	1
129-137cm (4'2" - 4'5")	2
137-144cm (4'5" - 4'7")	3
144-150cm (4'7" - 4'9")	4
150-157cm (4'9" - 5'1")	5
157-163cm (5'1" - 5'3")	6
163-168cm (5'3" - 5'5")	Harrow
168-175cm (5'5" - 5'7")	Academy
175cm and over (5'7" +)	Full Size

Bat Weight

One of the most common difficulties experienced by coaches, is assisting children with bats that are way too heavy for them! The problem with an overly heavy bat is that your child will struggle to play the whole range of shots.

This is a great test of the correct weight for your child's cricket bat...

- 1. Pick up the bat** and hold it in front of you with your left hand (if you are a right handed batter) or your right hand (left handed batter).
- 2. Lift the bat up** with this arm, until it is horizontal and in front of you. Then, bring it back down until it is pointing vertically downwards again.
- 3. Repeat this action**, with a one second rest in between. If your son/daughter can complete 10 repetitions with comfort, then the bat should be fine for them.