

StanceBeam Features

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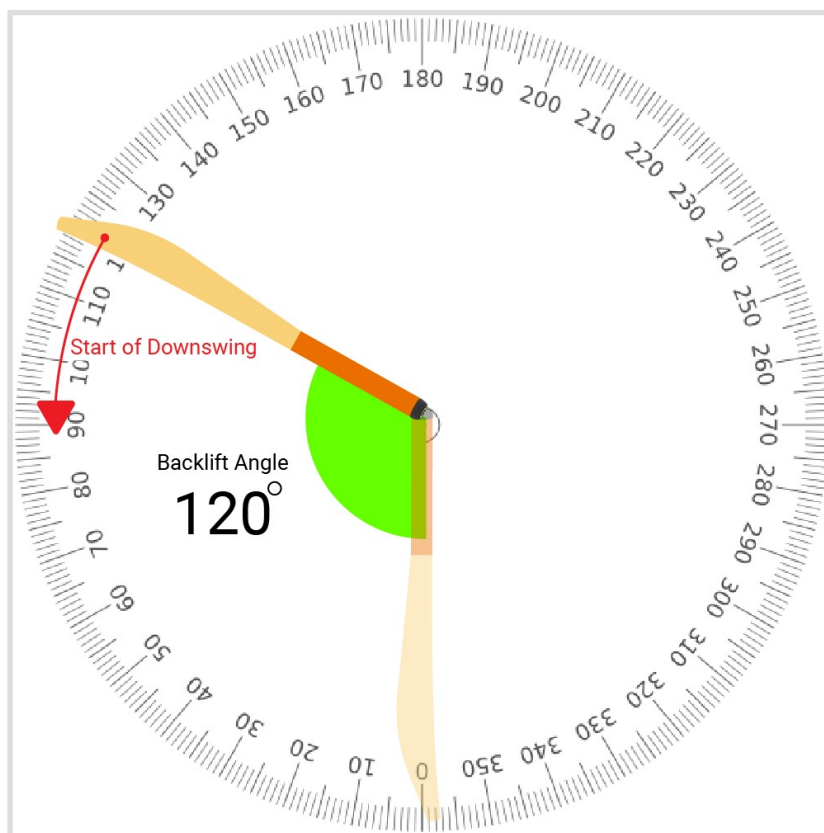
1. WHAT IS MAX and IMPACT SPEED?

Max Speed is measure in kilometre per hour (KPH) of the max velocity attained during the swing of the bat at sweet spot.

Speed at Impact is measure in kilometre per hour (KPH) of the velocity of the bat at sweet spot when the bat impacts the ball.

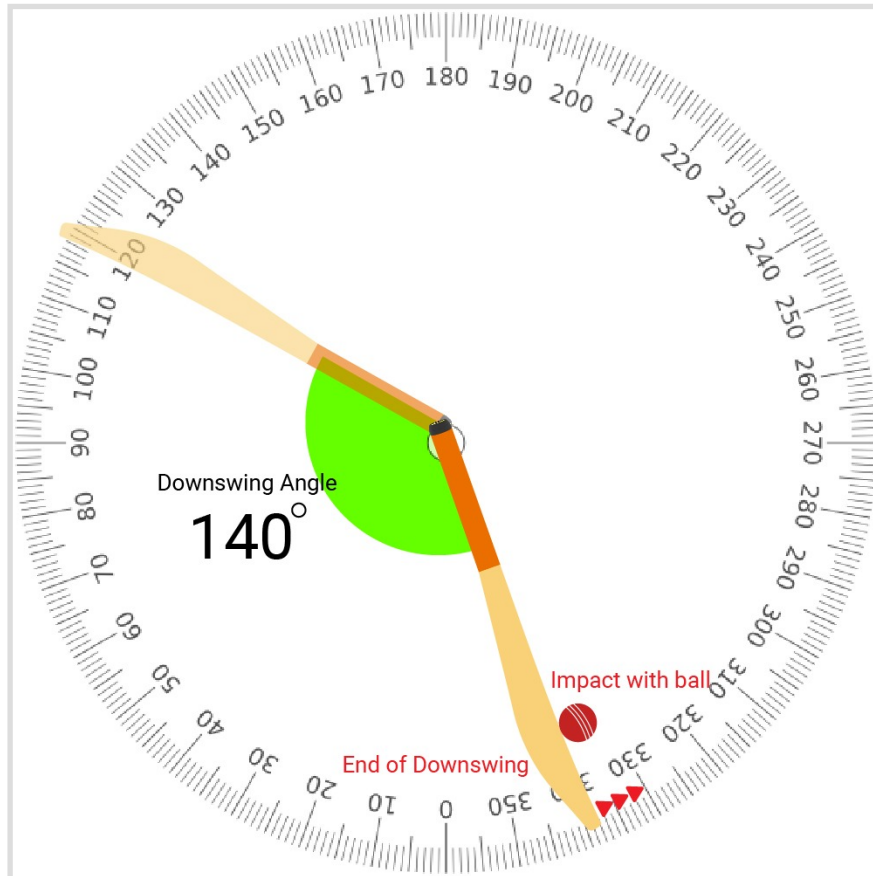
2. WHAT IS BACK-LIFT ANGLE?

BackLift angle (measured in degrees) is the max horizontal angle achieved during the back-lift motion before the start the downswing.



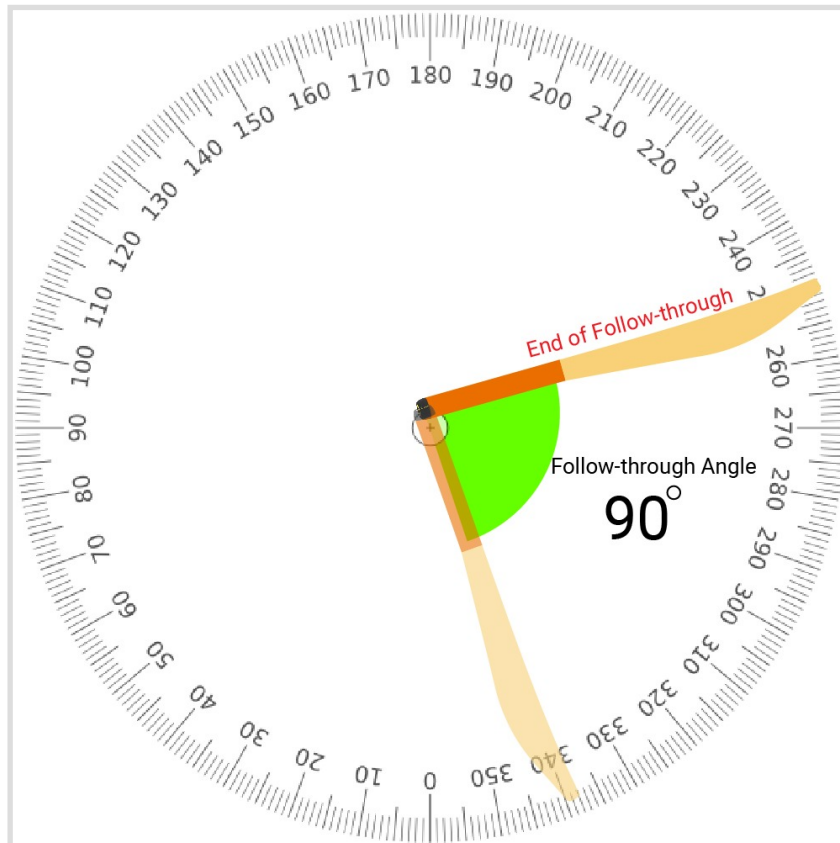
3. WHAT IS DOWNSWING ANGLE?

Downswing is angle (measured in degrees) between the start of downswing to the point where bat makes an impact with ball.



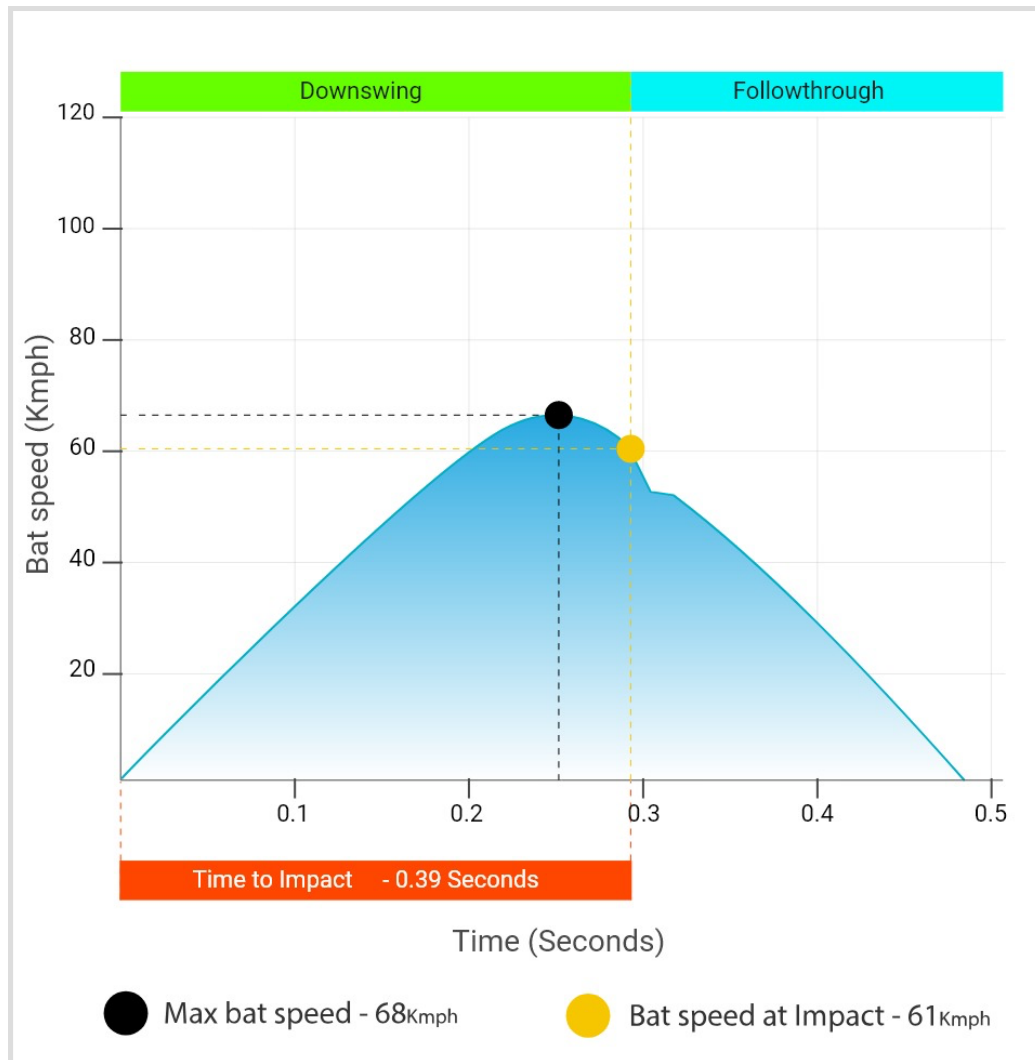
4. WHAT IS FOLLOW THROUGH ANGLE?

Follow Through is the angle (measured in degrees) from the impact to the finish of the swing. It is the extension of the downswing or swing of the bat after hitting the ball.



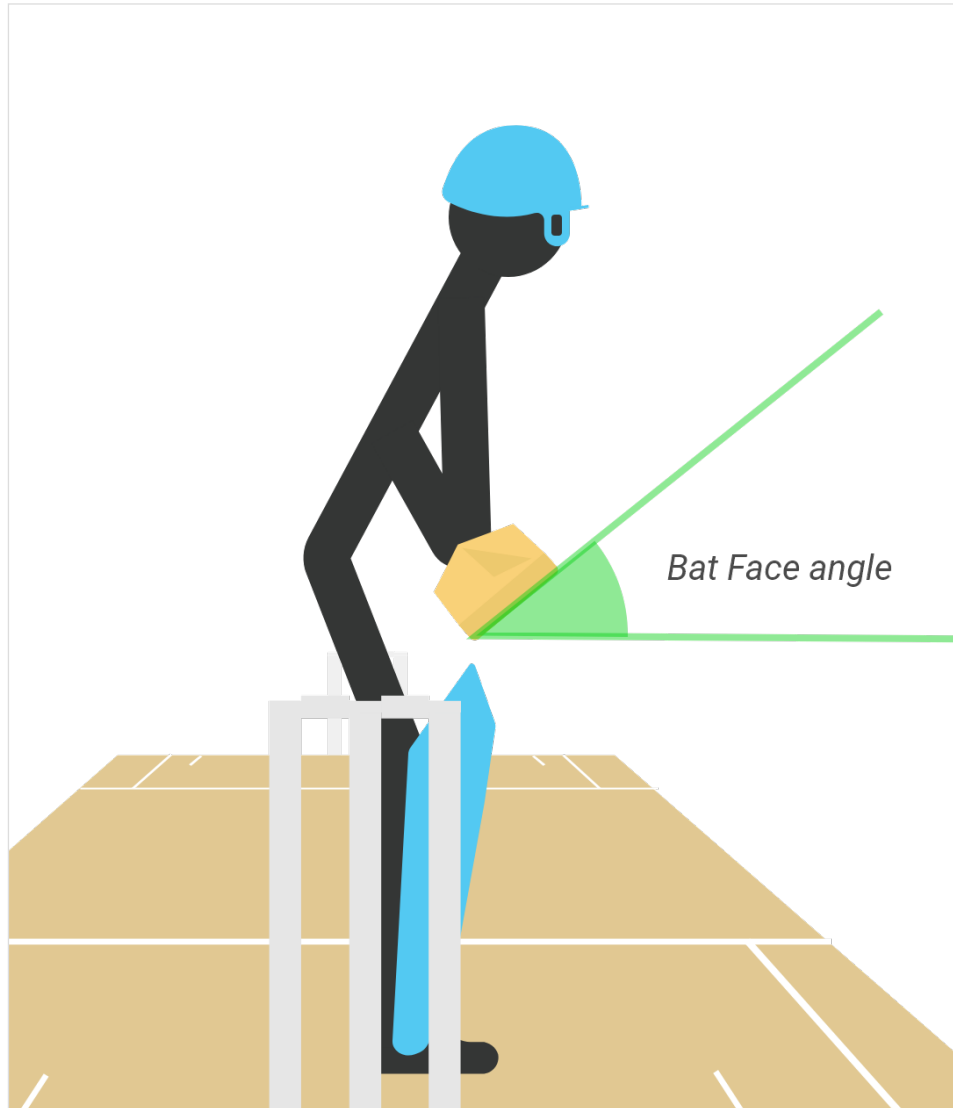
5. WHAT IS TIME TO IMPACT?

It is the time (in seconds) from start of downswing until the impact of the bat with ball. The time difference of start of downswing with impact time gives time to impact.



6. WHAT IS BAT FACE?

Bat Face is the angle (measure in degrees) at which Bat is opened towards Leg or Off Side at start of the BackLift.



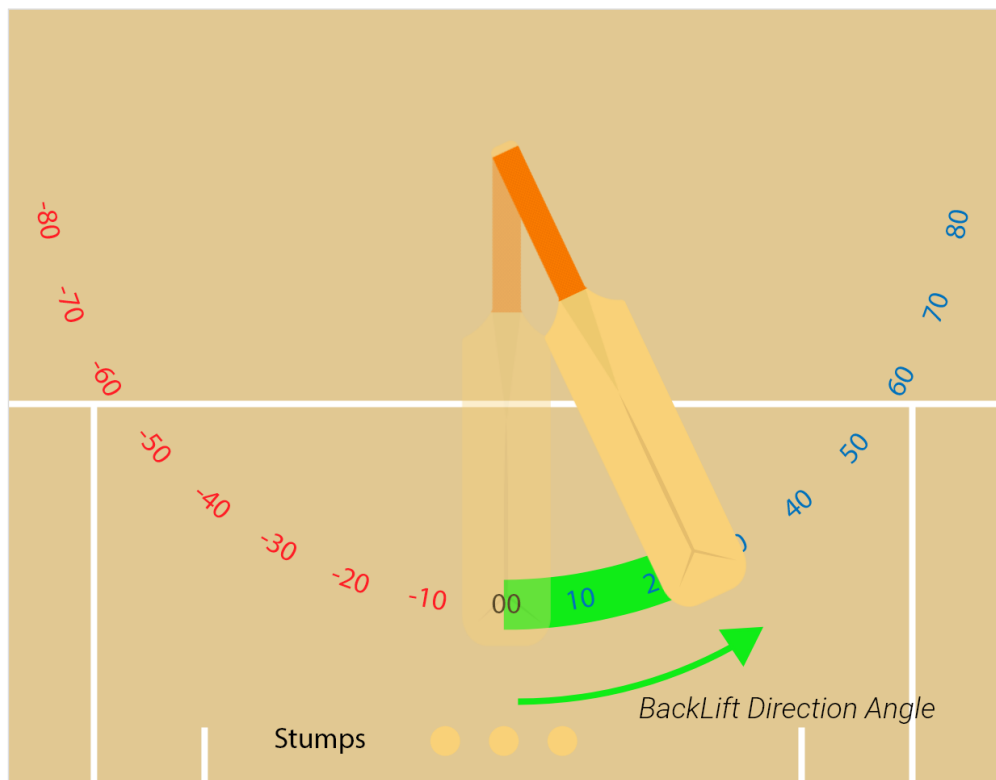
7. WHAT IS BACK-LIFT DIRECTION?

BackLift direction is the direction of the bat at start of the backLift or when shot is triggered. It is the angle (measured in degrees) between the stumps and the bat.

There are two techniques followed by the professionals called Straight BackLift Technique and Lateral BackLift Technique.

Straight BackLift Technique - The technique emphasised taking the bat directly over the middle stump.

Lateral BackLift Angle - The lateral batting BackLift technique is one in which the bat is lifted laterally in the direction of second slip. Using this technique, both the toe of the bat and face of the bat point directly towards the off-side (usually between slips and point).



8. WHAT IS SHOT POWER ?

StanceBeam calculates the power generated at sweet spot during the swing and the power at impact. Power is measured in watt's.

9. WHAT IS SHOT EFFICIENCY ?

SHOT EFFICIENCY means how well the shot was timed. Comparison with Max and Impact speeds give the efficiency of the swing. Ideally for well timed shot, the bat should make an impact with ball at max speed during the swing.

