

## Batting Checklist

### Jack Baxter

ACTION SEGMENT		Good	Needs Work	COMMENTS
SET UP / STANCE	Head Position	X		
	Bat Position/Hands		X	Bottom hand remember where your V should be
	Grip		X	Bottom hand remember where your V should be
	Position at ball release			Pick bat up with Top hand
FRONT FOOT	Head position			
	Weight transfer			Push off back foot, helps create energy to the ball.
	Foot Position			
	Pick up / Hands Position			Be careful with full swing of bat over shoulder, with strong bottom hand grip the bat turns to early.
BACK FOOT	Feet position	X		
	Head Position		X	Keep eyes level, careful not to turn head,
	Pick Up / Hands Position		X	
FOOT WORK TO SPIN	Positive first movement		X	Big first step at line of the ball, hand move back.
	Balance at impact		X	
	Pick up / Hands Position			Big first step at line of the ball, hand move back.