



## FAST BOWLING ANALYSIS

NAME: Jack

DATE:

Dec-14

### RUN UP

#### ANGLE & LENGTH

- ☒ Appropriate Length
- ☐ Too Long
- ☐ Too Short
- ☐ Too Straight
- ☒ Too Wide

#### Body Position:

- ☒ Good position
- ☐ Shoulders side on too early
- ☐ Leaning Back too early

#### ARM MOVEMENT

- ☐ Arms travelling towards the target
- ☒ Arms travelling across body

#### Stride & Pace:

- ☐ Good acceleration and build up of stride length
- ☐ First strides too long
- ☐ Overstriding
- ☒ Stutter in approach
- ☐ Running too fast
- ☐ Running too slow
- ☒ Stride crosses mdline

### GATHER

#### JUMP

- ☐ Jump towards target
- ☒ Jump in
- ☐ Jump out
- ☐ Jumping too high

#### FRONT ARM PATH

- ☐ Straight up, looking over or through shoulder
- ☐ Travelling across body
- ☒ Travelling in an arc
- ☐ Looking inside front shoulder
- ☒ Too far back behind head

#### BOWLING ARM PATH

- ☐ Good gather
- ☒ Ball behind head
- ☐ Out to the side
- ☐ Under front armpit



## BACK FOOT FLAT

### BACK FOOT ANGLE

- ☐ Semi open
- ☐ Side on
- ☒ Front on
- ☐ Past parallel

### BACK LEG STABILITY/POSITION

- ☐ Leg holds well to drive off
- ☒ Back leg collapse
- ☒ No heel contact
- ☐ Back leg behind body

### BALL POSITION

- ☐ Down next to bowling side hip
- ☒ In front of body
- ☒ Under front armpit

### SHOULDER POSITION - COUNTER ROTATION

High Level	<input checked="" type="checkbox"/>
Medium Level	<input type="checkbox"/>
Low Level	<input type="checkbox"/>

### FRONT ARM

- ☒ Good height
- ☐ Too low

### POSITION ON CREASE

- ☐ Close to the stumps
- ☒ Too wide

## FRONT FOOT LANDING

### FOOT ANGLE

- ☐ Pointing straight down the pitch
- ☐ Closed angle
- ☒ Open angle

### ALIGNMENT

- ☐ Feet aligned to target
- ☒ Feet alignment closed
- ☐ Feet alignment open

### FRONT LEG BRACE

- ☐ Braced front leg
- ☒ Front leg collapse

### FRONT ARM TUCK

- ☐ Good front arm tuck
- ☐ Away from hip
- ☒ No front arm tuck
- ☐ Across body

### Delivery Stride Length:

- ☒ Appropriate length
- ☐ Too long

## RELEASE POINT

### BALL POSITION

- ☐ At or a few degrees from vertical
- ☒ Past vertical
- ☐ Roundarm

### WRIST POSITION

- ☒ Wrist behind ball
- ☐ Wrist off inside of ball
- ☐ Wrist off outside of ball

### FRONT/BACK FOOT

- ☐ Both feet on ground at release
- ☒ Both feet in air at release

### TRUNK POSITION

- ☐ Good position
- ☒ Excessive lateral flexion



## FOLLOW THROUGH

### DIRECTION

- ☐ Good
- ☒ Around front leg/off wicket
- ☐ Down centre of wicket

### LENGTH

- ☒ Good
- ☐ Too Short

## OVERALL MOMENTUM

### 4 STEPS

- ☐ Good
- ☒ Poor

Top Bowling Speed:

Average Bowling Speed (6 balls):





## FAST BOWLING REPORT

NAME: Jack

DATE: Dec-14

### RUN UP

#### ANGLE & LENGTH

The angle and the length of your run up is appropriate. At the moment there are no areas of concern in this aspect of your run up.

**Please see below for comments regarding the areas concerning the "Angle & Length" of your run-up that need to be addressed:**

##### *Too Long*

N/A

##### *Too Short*

N/A

##### *Too Straight*

N/A

##### *Too Wide*

Currently you are approaching the wicket from a very wide angle. As a result all your forces are heading towards fine leg (RHB) rather than at your target.

#### ARM MOVEMENT

At the moment, there are aspects of your arm movements in your run-up that are affecting the quality of your technique.

**Please see below for comments regarding the areas concerning the direction of your "Arm Movements" during your run-up that need to be addressed:**

##### *Arms Travelling Across The Body*

Currently, your arms are travelling across your body instead of a line which is parallel to your target. This often causes excessive shoulder rotation and can have large impacts on the gather, and delivery phase of your action. During the run-up phase of your action you need to ensure that your elbows are travelling straight back and at no time should the ball travel across the midline of your body.

### STRIDE & PACE

At the moment, there is an issue with the acceleration and or the length of your stride.

**Please see below for comments regarding the areas of concern with the "Stride & Pace" of your run up:**

#### *First Strides Too Big*

N/A

#### *Overstriding*

N/A

#### *Stutter In Approach*

At stages in your run-up, there are a few "stutter" steps. This ruins any momentum or rhythm that you had built up prior. A good run up is one that maintains a constant increase in acceleration throughout.

#### *Running to Fast*

N/A

#### *Running To Slow*

N/A

#### *Stride Crosses Mid-Line*

At stages in your run up, your feet are crossing over the mid-line of your body. This often results in the bowler being un-balanced or having poor alignment at delivery. You need to ensure that the strides in your run up are heading towards the target.

### BODY POSITION

Your shoulders are well aligned throughout your run up.

**Please see below for comments regarding the areas of concern with the positioning of your body in your run up:**

#### *Shoulders Side On Too Early*

N/A

#### *Leaning Back To Early*

N/A

**JUMP**

Currently there are a few issues with the jump into the gather phase of your delivery.

**Please see below for comments regarding the areas of concern with the "jump" phase of your ga**

**Jump In**

Currently, you are jumping in towards the stumps rather than straight towards your target. This will often result in you having to then bowl around yourself to get your forces heading back in the right direction and to get you off the pitch. You need to make sure that your run up is heading towards the target and that you are jumping along this line. You will be able to see your back leg heading towards the target in your jump if this is occurring.

**Jump Out**

N/A

**Jump Too High**

N/A

**FRONT ARM PATH**

At the moment there are a few issues in regards to the path that your front arm travels during the gather phase of your delivery.

**Please read below for comments regarding the areas of concern with the path of your front arm during the gather phase:**

**Travelling Across Body:**

N/A

**Travelling in an Arc:**

Currently your front arm is travelling across your body in an "arc". This "scoop" across your body will often result in your front arm travelling out to cover on its down phase, which will not allow your forces to head towards the target. Getting your front arm to travel straight up and down allows your forces to head towards the target.

**Looking Inside Front Shoulder**

N/A

**Too Far Back Behind Head**

Currently your front arm is travelling a long way behind your head. This does not allow you to pull your front arm down strongly. A high front arm that is tucked into your hips is ideal for a fast bowler.

## GATHER

### BOWLING ARM PATH

Currently your front arm is not travelling along an effective path during the gather phase of your delivery.

**Please read below for comments regarding the areas of concern with the path of your bowling arm during the gather phase:**

#### *Ball Behind Head*

Currently you are taking the ball up behind your head during your gather. This can often lead to excessive shoulder rotation and may result in the ball pushing away to the leg side as a result of having to go around your head. You should try to keep the ball in line with your back shoulder and moving in a line parallel to your target.

#### *Out to the Side*

N/A

#### *Under Front Armpit*

N/A

## BACK FOOT FLAT

### BACK FOOT ANGLE

- |  |  |
|--|--|
| <input type="checkbox"/> Semi open     | <input checked="" type="checkbox"/> Front on |
| <input type="checkbox"/> Past parallel | <input type="checkbox"/> Side on             |

A semi-open or side on back foot angle is preferable

### BACK LEG STABILITY

Currently there are a few issues in relation to your back foot landing.

**Please read below for comments regarding the areas of concern with your back foot landing:**

#### *Back Leg Collapse*

Currently there is a large collapse in your back leg when taking the load. This leads to lateral flexion. Ideally you want to be able to hold the load on your back leg and drive off it.

#### *No Heel Contact*

Currently there is no heel contact when your back foot lands. This makes back leg stability difficult to achieve. By placing your heel on the ground, you are able to give yourself the best chance to hold your weight on your back leg and drive off it.

#### *Back Leg Behind Body*

N/A





## BACK FOOT FLAT

### BALL POSITION

Currently there are a few issues regarding the position of the ball at back foot landing.

**Please read below for comments regarding the areas of concern with the ball position at "back foot flat":**

#### *In Front of Body*

Currently the ball is out in front of your body at "back foot flat". This can increase your counter rotation numbers as is "squares off" your shoulders. Ideally we are looking for the ball to be down and next to your bowling side hip at back foot landing.

#### *Under Front Arm Pit*

Currently the ball is across your body at "back foot flat". This can increase your counter rotation numbers as is "squares off" your shoulders. Ideally we are looking for the ball to be down and next to your bowling side hip at back foot landing.



### FRONT ARM

Your front arm is in a good position at back foot flat. It results in a slight incline backwards to allow front arm and leg to drive down with force.

**Please read below for comments regarding the areas of concern with the position of your front arm at "back foot flat":**

#### *Too Low*

N/A

### POSITION ON CREASE

#### *Close To The Stumps*

N/A

#### *Too Wide*

Currently you are landing very wide of the stumps meaning that you are always having to push the ball back into the stumps when bowling to right hand batsmen. This is a much easier ball to handle and also makes it difficult to get LBW decisions in your favor. It can also impact negatively on your alignment at the crease.

## FRONT FOOT LANDING

### FRONT FOOT ANGLE

Currently, your front foot is not pointed towards the target

**Please read below for comments regarding the areas of concern with your front foot angle:**

#### *Closed Angle*

N/A

#### *Open Angle*

Currently your front foot angle is open when your front foot lands, often as a result of front leg spraying open. This is often caused by all the factors that lead to lateral flexion - front arm pulling across body, back leg collapse, jump in towards the stumps at takeoff. A front foot angle that is open can also lead to ankle and knee problems.





## FRONT FOOT LANDING

### FEEL ALIGNED TO TARGET

Currently you have poor alignment at the crease.

**Please read below for comments regarding the areas of concern with the alignment of your feet at front foot landing:**

#### *Feet Alignment Closed*

At the moment, your alignment at the crease is closed. We see this by drawing a straight line between your back and front foot and extending this down the wicket - a closed alignment is when front foot "closes" off your action. This often occurs as a result of jumping into the stumps, a run-up angle that is too large or being too side on, and as a result, your front leg travelling too far across your body. You need to have a front leg that travels towards your target

#### *Feet Alignment Open*

N/A



### FRONT ARM TUCK

#### *Good Front Arm Tuck*

Currently you are not using your front arm effectively to generate pace.

#### *Tuck Away From Hip*

N/A

#### *No Front Arm Tuck*

Currently you have little or no front arm tuck. Your arm is simply travelling forward with your momentum rather than down and into a good tuck position against your front hip. As a result, you are not generating the pace that you otherwise could.

#### *Across Body*

N/A

### FRONT LEG BRACE

Currently your front leg collapses in delivery stride. A sound front leg technique is one where the knee flexes at initial front foot contact (which absorbs the force), followed by knee extension prior to releasing the ball. This can be as a result of back leg collapse, a run-up speed that is too fast or poor front leg strength.

### DELIVERY STRIDE LENGTH

Currently you have an appropriate length in your delivery stride. It is allowing you to bowl the ball from an appropriate height

## RELEASE POINT

### BALL POSITION

Currently you are not releasing the ball from an ideal position.

**Please read below for comments regarding the areas of concern with the position of your ball release:**

#### *Past Vertical*

Often caused by all the points that lead to lateral flexion, which have been previously explained. Delivering a ball from past the vertical will often result in "pushing" the ball back in - difficult to bowl "outswing" from such a position.

#### *Roundarm*

N/A



### WRIST POSITION

Currently your wrist is behind the ball with the seam straight.

#### *Wrist Off the Inside of the Ball*

N/A

#### *Wrist Off The Outside of the Ball*

N/A

### BACK / FRONT FOOT

Currently you are releasing the ball with both feet off the ground. This often occurs because you are bow

### TRUNK POSITION

Lateral flexion basically means "leaning to far to the side". This is caused by back leg collapse, front arm travelling across your body and then tucking into a position outside your front hip, or your head being in a poor position. Lateral flexion, along with Counter Rotation, is one of the major contributors to back pain in young bowlers.

## FOLLOW THROUGH

### DIRECTION

Currently the direction of your follow through is not taking you towards your target.

**Please read below for comments regarding the areas of concern with the direction of your follow through:**

#### *Around Front Leg/Straight Off Wicket*

Currently you are bowling around your front leg which then sees you follow through off the wicket far too quickly rather than towards your target. This is caused by all elements that lead to lateral flexion.

#### *Down Centre of Wicket*

N/A

### LENGTH

Currently your follow through is appropriate in length.

FOLLOW THROUGH

OVERALL MOMENTUM

Takeoff step, back foot landing, front foot landing, first step in follow through NOT in a straight line towards the target.

Top Bowling Speed:	0
Average Bowling Speed (6 balls):	0