



## FAST BOWLING ANALYSIS

NAME: Alex van Vugt

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### 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 type="checkbox"/>
Medium Level	<input checked="" 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:

DATE:

### 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*

N/A

#### 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.

## RUN UP

### STRIDE & PACE

Currently you are hitting the crease at a good pace which is a result of good acceleration and a gradual increase in 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*

N/A

#### *Running to Fast*

N/A

#### *Running To Slow*

N/A

#### *Stride Crosses Mid-Line*

N/A

### 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

## GATHER

### 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 gather:**

#### 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

Currently your front arm is in a good position with it travelling straight up and down and you are looking over or through your front shoulder.

**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:

N/A

#### Looking Inside Front Shoulder

N/A



#### Too Far Back Behind Head

N/A

## GATHER

### BOWLING ARM PATH

Your bowling arm is travelling along an effective pathway. It is in line with your back shoulder and travelling towards the target.

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

#### *Ball Behind Head*

N/A

#### *Out to the Side*

N/A

#### *Under Front Armpit*

N/A

## BACK FOOT FLAT

### BACK FOOT ANGLE

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

N/A

#### *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*

N/A



### 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*

Currently you are getting yourself into a good position close to the stumps. This allows you to bowl stump to stump, bringing LBW much more into play.

#### *Too Wide*

N/A

## FRONT FOOT LANDING

### FRONT FOOT ANGLE

Your front foot is landing in a good position pointing down the wicket towards your target.

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

#### *Closed Angle*

N/A

#### *Open Angle*

N/A





## FRONT FOOT LANDING

### FEEL ALIGNED TO TARGET

Currently you have good alignment at the crease, which can be seen by the fact that if we draw a line between your back foot and front foot and extend it down the wicket, it is in a straight line with the target.

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

*Feet Alignment Closed*

N/A

*Feet Alignment Open*

N/A



### FRONT ARM TUCK

*Good Front Arm Tuck*

You are able to use your front arm well to generate pace. By tucking it into your front hip with force.

*Tuck Away From Hip*

N/A

*No Front Arm Tuck*

N/A

*Across Body*

N/A

### FRONT LEG BRACE

Currently you bowl over a braced front leg and you get up and over it in your delivery.

### 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 releasing the ball at or a few degrees inside the vertical. This is a good position.

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

#### *Past Vertical*

N/A

#### *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 on the ground. This is the most stable position.

### 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 reagrding the areas of concern with the direction of your follow through:**

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

N/A

#### *Down Centre of Wicket*

Currently you are following through the "danger zone". This is often caused by a large angle into the stumps or a "jump in" in your delivery stride.

### 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 all in a straight line towards the target.

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