

## Batting Checklist

### Tom Kellart

ACTION SEGMENT		Good	Needs Work	COMMENTS
SET UP / STANCE	Head Position	X		
	Bat Position/Hands	X	X	Very good set up, nice and relaxed
	Grip	X	X	Bottom hand remember where your V should be
	Position at ball release	X		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 bottom hand that it does not get too low on bat.
BACK FOOT	Feet position	X		
	Head Position	X		Excellent right in line, trusts himself to play or duck
	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			
	Pick up / Hands Position			Big first step at line of the ball, hand move back.



MICHAEL CLARKE CRICKET ACADEMY  
40 LIME STREET SYDNEY NSW 2000 AUSTRALIA

MICHAELCLARKEACADEMY.COM

