

FAST BOWLING ANALYSIS

Out to the side

Under front armpit

NAME:	Nick		DATE:	Dec-14
RUN U	Р			
ANGLE	E & LENGTH	ARM	MOVEMENT	
X A	ppropriate Length		Arms travelling towards the	e target
П Т	oo Long	\boxtimes	Arms travelling across body	′
T	oo Short			
П	oo Straight	Stride	e & Pace:	
T	oo Wide	\boxtimes	Good acceleration and build	up of stride length
			First strides too long	
Body P	osition:		Overstriding	
⊠ G	ood position		Stutter in approach	
☐ S	houlders side on too early		Running too fast	
L	eaning Back too early		Running to slow	
		\boxtimes	Stride crosses mdline	
GATHE	:R			
JUMP		FRO	NT ARM PATH	
Ju	ump towards target		Straight up, looking over or	through shoulder
Ju	ump in	\boxtimes	Travelling across body	
∑ Jı	ump out		Travelling in an arc	
Ju	umping too high		Looking inside front shoulde	er
			Too far back behind head	
BOWLI	ING ARM PATH			
⊠ G	ood gather			
В	all behind head			MIC



BACK FOOT FLAT		
BACK FOOT ANGLE Semi open Side on Front on Past parallel BALL POSITION Down next to bowling side hip	BACK LEG STABILITY/POSITION Leg holds well to drive off Back leg collapse No heel contact Back leg behind body SHOULDER POSITION - COUNTER ROTATION High Level	
In front of body	Medium Level	
Under front armpit	Low Level	
FRONT ARM	POSITION ON CREASE	
Good height	Close to the stumps	
Too low	Too wide	
FRONT FOOT LANDING		
FOOT ANGLE	ALIGNMENT	
Pointing straight down the pitch	Feet aligned to target	
Closed angle	Feet alignment closed	
Open angle	Feet alignment open	
FRONT LEG BRACE	FRONT ARM TUCK	
Braced front leg	Good front arm tuck	
Front leg collapse	☐ Away from hip☐ No front arm tuck	
Delivery Stride Length:	Across body	
Appropriate length	∑ Across body	
Too long		
RELEASE POINT		
BALL POSITION	WRIST POSITION	
At or a few degrees from vertical	Wrist behind ball	
Past vertical	Wrist off inside of ball	
Roundarm	Wrist off outside of ball	
FRONT/BACK FOOT	TRUNK POSITION	CHAEL
Both feet on ground at release	Good position	ARKE V
Both feet in air at release	Excessive lateral flexion	ell

FOLLOW THROUGH		
DIRECTION	LENGTH	
⊠ Good	⊠ Good	
Around front leg/off wicket	Too Short	
Down centre of wicket		
OVERALL MOMENTUM		
4 STEPS	Top Bowling Speed:	
Good	Average Bowling Speed (6 balls):	
Poor		





FAST BOWLING REPORT

NAME:	Nick	DATE:	Dec-14
NAIVIE:	NICK	DAIE:	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

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

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





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 ga

Jump In

N/A

Jump Out

Currently you are jumping out towards cover, rather than towards your target. 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 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:

Currently your front arm is travelling across your body which often results in it travelling back across your body during delivery, taking you out towards cover rather than at your target. Getting your front arm to travel straight up and down allows your forces to head towards the target.

Travelling in an Arc:

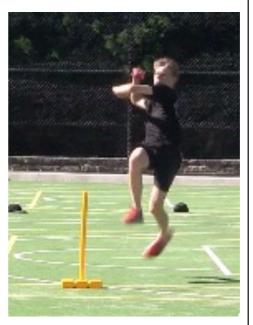
N/A

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 reagrding 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

Currently, your front foot is not pointed towards the target

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

Closed Angle

Currently your front foot angle is closed when your front foot lands. This closes off your entire action and causes you to have to bowl around yourself which will often result in you getting off the wicket to quickly rather than heading towards your target. It also acts as a breaking force and can make it difficult to get your momentum through the crease. This closed foot angle is often caused by poor run up angle or a sudden shift in to the stumps prior to takeoff.

Open Angle





FRONT FOOT LANDING

FEEL ALIGNED TO TARGET

Currently you have poor alignment at the crease.

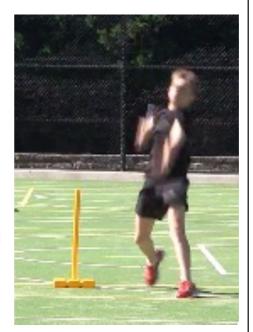
Please read below for comments reagrding the areas of concern with the alignment of your feet at front foot landing:

Feet Alignment Closed

N/A



At the moment, your alignment at the crease is open. We see this by drawing a straight line between your back and front foot and extending this down the wicket - an open alignment is when front foot "opens" out your action. 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 . You need to have a front leg that travels towards your target.



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

N/A

Across Body

Currently your front arm is locking across your body rather than into your front hip. This often occurs because your front arm has travelled across your body in your gather and does not lock into the correct position on the down phase. A front arm that travels straight up will have a batter chance of tucking into your front hip.

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 you have a follow through that takes you towards the target and then gradually off the wicket.

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

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 all in a straight line towards the target.

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



