

Batting Checklist

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ACTION SEGMENT		Good	Needs Work	COMMENTS
SET UP / STANCE	Head Position	X		
	Bat Position/Hands	X	X	Has very good features in backlift and set up, bottom hand needs to relax more, good bat position at ball release, may benefit from starting bat lower, get into a full swing
	Grip		X	AS above, remember to cock wrist, open blade slightly, pick bat up with Top hand.
	Position at ball release	X	X	Be careful not to role top hand will flatten out bat too early.
FRONT FOOT	Head position	X		
	Weight transfer		X	Not bad, reminder to drive right shoulder at ball, "dip into the ball with right shoulder"
	Foot Position	X		
	Pick up / Hands Position			As above
BACK FOOT	Feet position			
	Head Position			Keep eyes on the ball at all time, think about eyes level.
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement		X	Bigger first step to line of the ball
	Balance at impact			
	Pick up / Hands Position		X	With first step hand come back.