

## Batting Checklist

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| ACTION SEGMENT    |                          | Good | Needs Work | COMMENTS  |
|-------------------|--------------------------|------|------------|---|
| SET UP / STANCE   | Head Position            | X    |            |   |
|                   | Bat Position/Hands       |      | X          | Played round with hand and bat lower in setup and this seemed to work well with greater energy to the ball. With hands high bottom handed tendered to push away from body causing head to move to outside line of the ball. (off side). |
|                   | Grip                     | x    | x          | Nice presentation of bat with wrist cocking although at times bottom hand moves on bat when bottom hand pushes down and away from body. Pick bat up with TOP hand.  |
|                   | Position at ball release |      | X          | As above  |
| FRONT FOOT        | Head position            |      |            |   |
|                   | Weight transfer          |      |            |   |
|                   | Foot Position            |      |            | Push off back foot.   |
|                   | Pick up / Hands Position |      |            | As above  |
| BACK FOOT         | Feet position            | X    |            |   |
|                   | Head Position            | X    |            | Ensure eyes level all the time  |
|                   | Pick Up / Hands Position | X    |            |   |
| FOOT WORK TO SPIN | Positive first movement  |      | X          | Push off back foot.   |
|                   | Balance at impact        |      | x          |   |
|                   | Pick up / Hands Position | x    | x          | Hands move with with step.  |