

BATTING CHECKLIST

Name: Jack Attenborough

ACTION SEGMENT		GOOD	NEEDS WORK	COMMENTS
SET UP / STANCE	Head Position		X	Weight is over toes. Needs to be a little more upright
	Bat Position/Hands		X	Is quite high. Would like it lower to generate more power.
	Grip			
	Ready Position at ball release		X	Can fall across to off side.
FRONT FOOT	Head position		X	Outside the line of gloves. Changing it in your stance will help.
	Weight transfer		X	Have a small step. Try to drive off your back leg to have intent to hit the ball
	Foot Position	X		
	Pick up / Hands Position		X	At times hands travel away from body
BACK FOOT	Feet position			
	Head Position			
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement			
	Balance at impact			
	Pick up / Hands Position			