

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, remove squash ball and get V of bottom hand in better position. Practice this for a while and if still feels the need to put squash ball back in go for it. Was very good once we removed squash ball.
	Grip		X	AS above, remember to cock wrist, open blade slightly, pick bat up with Top hand.
	Position at ball release	X		good
FRONT FOOT	Head position			
	Weight transfer		X	Not bad, reminder to drive right shoulder at ball, "dip into the ball with right shoulder"
	Foot Position			
	Pick up / Hands Position			
BACK FOOT	Feet position			
	Head Position			Keep eyes on the ball, think about eyes level.
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement			
	Balance at impact			
	Pick up / Hands Position			