

Batting Checklist

James Arnold

ACTION SEGMENT		Good	Needs Work	COMMENTS
SET UP / STANCE	Head Position			Head moves away from body at times as result of bottom hand pushing away from body
	Bat Position/Hands	x		Relax your hand and arms at ball release.
	Grip	x	x	Generally good, occasionally bottom hand chokes the bat, remember to cock your wrist in bat pick up, ie pick bat up with Top hand only not both together.
	Position at ball release			Relax your hand and arms at ball release.
FRONT FOOT	Head position			
	Weight transfer			
	Foot Position			
	Pick up / Hands Position			
BACK FOOT	Feet position			
	Head Position			
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement			
	Balance at impact			
	Pick up / Hands Position			