

BATTING CHECKLIST

Name: Nikethan

ACTION SEGMENT		GOOD	NEEDS WORK	COMMENTS
SET UP / STANCE	Head Position	X		
	Bat Position/Hands	X		
	Grip	X		
	Ready Position at ball release		X	Slightly falls across crease but most of the time is fairly good
FRONT FOOT	Head position	X		
	Weight transfer	X		
	Foot Position	X		
	Pick up / Hands Position	X		
BACK FOOT	Feet position			
	Head Position			
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement			
	Balance at impact			
	Pick up / Hands Position			