

## Batting Checklist

### Lachlan Murchie

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,
	Grip		X	Bottom hand V, remember to cock wrist, open blade slightly, pick bat up with Top hand.
	Position at ball release	X		Good, although may benefit from getting ready a fraction earlier.
FRONT FOOT	Head position			
	Weight transfer		X	Not bad, reminder to drive left shoulder at ball, "dip into the ball with left shoulder"
	Foot Position	X		Generally good, important to really push off back foot not just stepping to the ball.
	Pick up / Hands Position	X		
BACK FOOT	Feet position			
	Head Position			Keep eyes on the ball, think about eyes level. Then shot selection
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement		X	Bid first step at line of the ball
	Balance at impact		X	Still on impact
	Pick up / Hands Position		X	Hands move back on first step