

Batting Checklist

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ACTION SEGMENT		Good	Needs Work	COMMENTS
SET UP / STANCE	Head Position	X		
	Bat Position/Hands		X	generally OK, although will benefit with hand slightly closer to body at ball release.
	Grip		X	Bottom chokes the bat, think of V on the other side.
	Position at ball release			Needs to be ready in position a fraction earlier, tends to be moving 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			