FAST BOWLING ANALYSIS

NAME: **Shakhill** **DATE:** Dec-14

RUN UP

ANGLE & LENGTH

- [x] Appropriate Length
- [ ] Too Long
- [ ] Too Short
- [ ] Too Straight
- [x] Too Wide

Body Position:

- [x] Good position
- [ ] Shoulders side on too early
- [ ] Leaning Back too early

ARM MOVEMENT

- [ ] Arms travelling towards the target
- [x] Arms travelling across body

Stride & Pace:

- [x] Good acceleration and build up of stride length
- [ ] First strides too long
- [ ] Overstriding
- [ ] Stutter in approach
- [ ] Running too fast
- [ ] Running to slow
- [ ] Stride crosses mdline

GATHER

JUMP

- [x] Jump towards target
- [ ] Jump in
- [ ] Jump out
- [ ] Jumping too high

FRONT ARM PATH

- [ ] Straight up, looking over or through shoulder
- [ ] Travelling across body
- [x] Travelling in an arc
- [ ] Looking inside front shoulder
- [ ] Too far back behind head

BOWLING ARM PATH

- [x] Good gather
- [ ] Ball behind head
- [ ] Out to the side
- [ ] Under front armpit

MICHAEL CLARKE
CRICKET ACADEMY

BACK FOOT FLAT

BACK FOOT ANGLE

- [x] Semi open
- [ ] Side on
- [ ] Front on
- [ ] Past parallel

BACK LEG STABILITY/POSITION

- [ ] Leg holds well to drive off
- [x] Back leg collapse
- [ ] No heel contact
- [ ] Back leg behind body

BALL POSITION

- [ ] Down next to bowling side hip
- [x] In front of body
- [ ] Under front armpit

SHOULDER POSITION - COUNTER ROTATION

High Level	☐
Medium Level	☒
Low Level	☐

FRONT ARM

- [x] Good height
- [ ] Too low

POSITION ON CREASE

- [ ] Close to the stumps
- [x] Too wide

FRONT FOOT LANDING

FOOT ANGLE

- [ ] Pointing straight down the pitch
- [ ] Closed angle
- [x] Open angle

ALIGNMENT

- [ ] Feet aligned to target
- [ ] Feet alignment closed
- [x] Feet alignment open

FRONT LEG BRACE

- [ ] Braced front leg
- [x] Front leg collapse

FRONT ARM TUCK

- [ ] Good front arm tuck
- [x] Away from hip
- [ ] No front arm tuck
- [ ] Across body

Delivery Stride Length:

- [x] Appropriate length
- [ ] Too long

RELEASE POINT

BALL POSITION

- [ ] At or a few degrees from vertical
- [x] Past vertical
- [ ] Roundarm

WRIST POSITION

- [ ] Wrist behind ball
- [x] Wrist off inside of ball
- [ ] Wrist off outside of ball

FRONT/BACK FOOT

- [x] Both feet on ground at release
- [ ] Both feet in air at release

TRUNK POSITION

- [ ] Good position
- [x] Excessive lateral flexion

MICHAEL CLARKE
CRICKET ACADEMY

FOLLOW THROUGH

DIRECTION

- ☐ Good
- ☒ Around front leg/off wicket
- ☐ Down centre of wicket

LENGTH

- ☒ Good
- ☐ Too Short

OVERALL MOMENTUM

4 STEPS

- ☐ Good
- ☒ Poor

Top Bowling Speed:	
Average Bowling Speed (6 balls):	

MICHAEL CLARKE
CRICKET ACADEMY

FAST BOWLING REPORT

NAME: **Shakhill** **DATE:** Dec-14

RUN UP

ANGLE & LENGTH

The angle and the length of your run up is appropriate. At the moment there are no areas of concern in this aspect of your run up.

Please see below for comments regarding the areas concerning the "Angle & Length" of your run-up that need to be addressed:

Too Long

N/A

Too Short

N/A

Too Straight

N/A

Too Wide

Currently you are approaching the wicket from a very wide angle. As a result all your forces are heading towards fine leg (RHB) rather than at your target.

ARM MOVEMENT

At the moment, there are aspects of your arm movements in your run-up that are affecting the quality of your technique.

Please see below for comments regarding the areas concerning the direction of your"Arm Movements" during your run-up that need to be addressed:

Arms Travelling Across The Body

Currently, your arms are travelling across your body instead of a line which is parallel to your target. This often causes excessive shoulder rotation and can have large impacts on the gather, and delivery phase of your action. During the run-up phase of your action you need to ensure that your elbows are travelling straight back and at no time should the ball travel across the midline of your body.

RUN UP

STRIDE & PACE

Currently you are hitting the crease at a good pace which is a result of good acceleration and a gradual increase in the length of your stride..

Please see below for comments regarding the areas of concern with the "Stride & Pace" of your run up:

First Strides Too Big

N/A

Overstriding

N/A

Stutter In Approach

N/A

Running to Fast

N/A

Running To Slow

N/A

Stride Crosses Mid-Line

N/A

BODY POSITION

Your shoulders are well aligned throughout your run up.

Please see below for comments regarding the areas of concern with the positioning of your body in your run up:

Shoulders Side On Too Early

N/A

Leaning Back To Early

N/A

GATHER

JUMP

Your jump is heading towards your target which is allowing all forces to head in the right direction.

Please see below for comments regarding the areas of concern with the "jump" phase of your gather:

Jump In

N/A

Jump Out

N/A

Jump Too High

N/A

FRONT ARM PATH

At the moment there are a few issues in regards to the path that your front arm travels during the gather phase of your delivery.

Please read below for comments regarding the areas of concern with the path of your front arm during the gather phase:

Travelling Across Body:

N/A

Travelling in an Arc:

Currently your front arm is travelling across your body in an "arc". This "scoop" across your body will often result in your front arm travelling out to cover on its down phase, which will not allow your forces to head towards the target. Getting your front arm to travel straight up and down allows your forces to head towards the target.

Looking Inside Front Shoulder

N/A

Too Far Back Behind Head

N/A

GATHER

BOWLING ARM PATH

Your bowling arm is travelling along an effective pathway. It is in line with your back shoulder and travelling towards the target.

Please read below for comments regarding the areas of concern with the path of your bowling arm during the gather phase:

Ball Behind Head

N/A

Out to the Side

N/A

Under Front Armpit

N/A

BACK FOOT FLAT

BACK FOOT ANGLE

- [x] Semi open
- [ ] Front on
- [ ] Past parallel
- [ ] Side on

A semi-open or side on back foot angle is preferable

BACK LEG STABILITY

Currently there are a few issues in relation to your back foot landing.

Please read below for comments regarding the areas of concern with your back foot landing:

Back Leg Collapse

Currently there is a large collapse in your back leg when taking the load. This leads to lateral flexion. Ideally you want to be able to hold the load on your back leg and drive off it.

No Heel Contact

N/A

Back Leg Behind Body

N/A

BACK FOOT FLAT

BALL POSITION

Currently there are a few issues regarding the position of the ball at back foot landing.

Please read below for comments reagrding the areas of concern with the ball position at "back foot flat":

In Front of Body

Currently the ball is out in front of your body at "back foot flat". This can increase your counter rotation numbers as is "squares off" your shoulders. Ideally we are looking for the ball to be down and next to your bowling side hip at back foot landing.

Under Front Arm Pit

N/A

FRONT ARM

Your front arm is in a good position at back foot flat. It results in a slight incline backwards to allow front arm and leg to drive down with force.

Please read below for comments regarding the areas of concern with the position of your front arm at "back foot flat":

Too Low

N/A

POSITION ON CREASE

Close To The Stumps

N/A

Too Wide

Currently you are landing very wide of the stumps meaning that you are always having to push the ball back into the stumps when bowling to right hand batsmen. This is a much easier ball to handle and also makes it difficult to get LBW decisions in your favor. It can also impact negatively on your alignment at the crease.

FRONT FOOT LANDING

FRONT FOOT ANGLE

Currently, your front foot is not pointed towards the target

Please read below for comments reagrding the areas of concern with your front foot angle:

Closed Angle

N/A

Open Angle

Currently your front foot angle is open when your front foot lands, often as a result of front leg spraying open. This is often caused by all the factors that lead to lateral flexion - front arm pulling across body, back leg collapse, jump in towards the stumps at takeoff. A front foot angle that is open can also lead to ankle and knee problems.

FRONT FOOT LANDING

FEEL ALIGNED TO TARGET

Currently you have poor alignment at the crease.

Please read below for comments reagrding the areas of concern with the alignment of your feet at front foot landing:

Feet Alignment Closed

N/A

Feet Alignment Open

At the moment, your alignment at the crease is open. We see this by drawing a straight line between your back and front foot and extending this down the wicket - an open alignment is when front foot "opens" out your action. This is often caused by all the factors that lead to lateral flexion - front arm pulling across body, back leg collapse, jump in towards the stumps at takeoff . You need to have a front leg that travels towards your target.

FRONT ARM TUCK

Good Front Arm Tuck

Currently you are not using your front arm effectively to generate pace.

Tuck Away From Hip

Currently you are pulling your front arm across your body and as a result, you are "tucking" your front arm away from your hip. This results in taking your weight away from the target and does not allow you to generate as much force as would otherwise be possible. Tucking away from your hip can be as a result of your front arm travelling across your body towards your bowling arm side on the way up, and/or back leg collapse which forces your weight to your front arm side. Having a front arm that travels straight up and a back leg that is able to hold the weight of your landing will aid in a front arm that is tucked into your front hip.

No Front Arm Tuck

N/A

Across Body

N/A

FRONT LEG BRACE

Currently your front leg collapses in delivery stride. A sound front leg technique is one where the knee flexes at initial front foot contact (which absorbs the force), followed by knee extension prior to releasing the ball. This can be as a result of back leg collapse, a run-up speed that is too fast or poor front leg strength.

DELIVERY STRIDE LENGTH

Currently you have an appropriate length in your delivery stride. It is allowing you to bowl the ball from an appropriate height

RELEASE POINT

BALL POSITION

Currently you are not releasing the ball from an ideal position.

Please read below for comments reagrding the areas of concern with the position of your ball release:

Past Vertical

Often caused by all the points that lead to lateral flexion, which have been previously explained. Delivering a ball from past the vertical will often result in "pushing" the ball back in - difficult to bowl "outswing" from such a position.

Roundarm

N/A

WRIST POSITION

Currently your wrist is not behind the ball and as a result it is difficult to maintain a straight seam.

Wrist Off the Inside of the Ball

Currently your wrist is falling off the inside of the ball. Can often be the result of bowling round-arm. Ideally you want to keep your wrist behind the ball with your fingers coming down the back of the seam.

Wrist Off The Outside of the Ball

N/A

BACK / FRONT FOOT

Currently you are releasing the ball with both feet on the ground. This is the most stable position.

TRUNK POSITION

Lateral flexion basically means "leaning to far to the side". This is caused by back leg collapse, front arm travelling across your body and then tucking into a position outside your front hip, or your head being in a poor position. Lateral flexion, along with Counter Rotation, is one of the major contributors to back pain in young bowlers.

FOLLOW THROUGH

DIRECTION

Currently the direction of your follow through is not taking you towards your target.

Please read below for comments reagrding the areas of concern with the direction of your follow through:

Around Front Leg/Straight Off Wicket

Currently you are bowling around your front leg which then sees you follow through off the wicket far too quickly rather than towards your target. This is caused by all elements that lead to lateral flexion.

Down Centre of Wicket

N/A

LENGTH

Currently your follow through is appropriate in length.

FOLLOW THROUGH

OVERALL MOMENTUM

Takeoff step, back foot landing, front foot landing, first step in follow through NOT in a straight line towards the target.

Top Bowling Speed:	0
Average Bowling Speed (6 balls):	0