



FAST BOWLING ANALYSIS

NAME: Lachlan Knuth

DATE: Sep-14

RUN UP

ANGLE & LENGTH

- ☐ Appropriate Length
- ☐ Too Long
- ☒ Too Short
- ☐ Too Straight
- ☒ Too Wide

Body Position:

- ☐ Good position
- ☒ Shoulders side on too early
- ☐ Leaning Back too early

ARM MOVEMENT

- ☐ Arms travelling towards the target
- ☒ Arms travelling across body

Stride & Pace:

- ☒ Good acceleration and build up of stride length
- ☐ First strides too long
- ☐ Overstriding
- ☐ Stutter in approach
- ☐ Running too fast
- ☐ Running too slow
- ☐ Stride crosses mdline

GATHER

JUMP

- ☐ Jump towards target
- ☒ Jump in
- ☐ Jump out
- ☐ Jumping too high

FRONT ARM PATH

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

BOWLING ARM PATH

- ☐ Good gather
- ☒ Ball behind head
- ☐ Out to the side
- ☐ Under front armpit



BACK FOOT FLAT

BACK FOOT ANGLE

- ☐ Semi open
- ☒ Side on
- ☐ Front on
- ☐ Past parallel

BACK LEG STABILITY/POSITION

- ☐ Leg holds well to drive off
- ☒ Back leg collapse
- ☐ No heel contact
- ☐ Back leg behind body

BALL POSITION

- ☐ Down next to bowling side hip
- ☒ In front of body
- ☐ Under front armpit

SHOULDER POSITION - COUNTER ROTATION

High Level	<input type="checkbox"/>
Medium Level	<input checked="" type="checkbox"/>
Low Level	<input type="checkbox"/>

FRONT ARM

- ☒ Good height
- ☐ Too low

POSITION ON CREASE

- ☐ Close to the stumps
- ☒ Too wide

FRONT FOOT LANDING

FOOT ANGLE

- ☐ Pointing straight down the pitch
- ☒ Closed angle
- ☐ Open angle

ALIGNMENT

- ☐ Feet aligned to target
- ☒ Feet alignment closed
- ☐ Feet alignment open

FRONT LEG BRACE

- ☒ Braced front leg
- ☐ Front leg collapse

FRONT ARM TUCK

- ☐ Good front arm tuck
- ☒ Away from hip
- ☐ No front arm tuck
- ☐ Across body

Delivery Stride Length:

- ☒ Appropriate length
- ☐ Too long

RELEASE POINT

BALL POSITION

- ☒ At or a few degrees from vertical
- ☐ Past vertical
- ☐ Roundarm

WRIST POSITION

- ☒ Wrist behind ball
- ☐ Wrist off inside of ball
- ☐ Wrist off outside of ball

FRONT/BACK FOOT

- ☐ Both feet on ground at release
- ☒ Both feet in air at release

TRUNK POSITION

- ☐ Good position
- ☒ Excessive lateral flexion



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):





FAST BOWLING REPORT

NAME: Lachlan Knuth

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RUN UP

ANGLE & LENGTH

At the moment, the angle and/or length of your run up needs to be looked at

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

Currently your approach is too short. As a result, you are not giving yourself the best opportunity to hit the crease with sufficient energy.

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.

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

At the moment, there are a number of issues in regards to the positioning of your body throughout your r

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

Your shoulders are getting into a side on position to early in your approach. This will not allow you to maintain good balance during your delivery. You need to maintain your shoulders and arms perpendicular to the target for as long as possible.

Leaning Back To Early

N/A

GATHER

JUMP

Currently there are a few issues with the jump into the gather phase of your delivery.

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

Jump In

Currently, you are jumping in towards the stumps rather than straight towards your target. This will often result in you having to then bowl around yourself to get your forces heading back in the right direction and to get you off the pitch. You need to make sure that your run up is heading towards the target and that you are jumping along this line. You will be able to see your back leg heading towards the target in your jump if this is occurring.

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:

N/A

Looking Inside Front Shoulder

At the moment, you are looking inside your front shoulder. Doing so will often lead to higher counter rotation numbers and also result in your front arm being pulled down outside your body giving you nothing to bowl over. Ideally your front arm should travel straight up and down and allow you to look over or through your front shoulder

Too Far Back Behind Head

N/A



GATHER

BOWLING ARM PATH

Currently your front arm is not travelling along an effective path during the gather phase of your delivery.

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

Ball Behind Head

Currently you are taking the ball up behind your head during your gather. This can often lead to excessive shoulder rotation and may result in the ball pushing away to the leg side as a result of having to go around your head. You should try to keep the ball in line with your back shoulder and moving in a line parallel to your target.

Out to the Side

N/A

Under Front Armpit

N/A

BACK FOOT FLAT

BACK FOOT ANGLE

- | | |
|--|---|
| <input type="checkbox"/> Semi open | <input type="checkbox"/> Front on |
| <input type="checkbox"/> Past parallel | <input checked="" type="checkbox"/> 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 regarding 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 regarding the areas of concern with your front foot angle:

Closed Angle

Currently your front foot angle is closed when your front foot lands. This closes off your entire action and causes you to have to bowl around yourself which will often result in you getting off the wicket to quickly rather than heading towards your target. It also acts as a breaking force and can make it difficult to get your momentum through the crease. This closed foot angle is often caused by poor run up angle or a sudden shift in to the stumps prior to takeoff.

Open Angle

N/A



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FRONT FOOT LANDING

FEEL ALIGNED TO TARGET

Currently you have poor alignment at the crease.

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

Feet Alignment Closed

At the moment, your alignment at the crease is closed. We see this by drawing a straight line between your back and front foot and extending this down the wicket - a closed alignment is when front foot "closes" off your action. This often occurs as a result of jumping into the stumps, a run-up angle that is too large or being too side on, and as a result, your front leg travelling too far across your body. You need to have a front leg that travels towards your target

Feet Alignment Open

N/A



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 you bowl over a braced front leg and you get up and over it in your delivery.

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 releasing the ball at or a few degrees inside the vertical. This is a good position.

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

Past Vertical

N/A

Roundarm

N/A



WRIST POSITION

Currently your wrist is behind the ball with the seam straight.

Wrist Off the Inside of the Ball

N/A

Wrist Off The Outside of the Ball

N/A

BACK / FRONT FOOT

Currently you are releasing the ball with both feet off the ground. This often occurs because you are bow

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

N/A

Down Centre of Wicket

Currently you are following through the "danger zone". This is often caused by a large angle into the stumps or a "jump in" in your delivery stride.

LENGTH

Your follow through is too short. This results in a sudden breaking force which can have injury conseque

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