

## BATTING CHECKLIST

Name: Jason Sangha

ACTION SEGMENT		GOOD	NEEDS WORK	COMMENTS
SET UP / STANCE	Head Position	X		
	Bat Position/Hands		X	Would like it a little lower to generate more power
	Grip			
	Ready Position at ball release		X	Can fall away to off-side
FRONT FOOT	Head position	X		
	Weight transfer	X		
	Foot Position	X		
	Pick up / Hands Position		X	Jason's swing is a double pump instead of a smooth swing. Plus hands come away from body
BACK FOOT	Feet position			
	Head Position			
	Pick Up / Hands Position			
FOOT WORK TO SPIN	Positive first movement			
	Balance at impact			
	Pick up / Hands Position			