|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTION SEGMENT** |  | **GOOD** | **NEEDS WORK** | **COMMENTS** |
| **RUN UP** | Length |  |  |  |
| Angle |  | x | Come into to bowl on to great of an angle. Looked to bring in run up in half a meter. At the moment it causes Hayden to bowl to far down leg side. |
| Style |  |  |  |
| **Take off / Load Up** | Ball load up |  |  |  |
| Front Arm |  | x | Non-existent at the moment. Needs to engage to use his whole body when bowling. |
| Feet, Trunk and Head |  |  |  |
| **BACK FOOT LANDING** | Feet Alignment |  | x | Looking to get in closer to the stumps so it enables the opportunity to receive LBW’s. |
| Upper Body Alignment |  |  |  |
| Leg Stability |  |  |  |
| Ball position |  |  |  |
| **FRONT FOOT LANDING** | Delivery Stride |  |  |  |
| Feet, hips shoulder Aligned |  |  |  |
| Leg  Braced |  |  |  |
| Front Arm pathway |  |  |  |
| **RELEASE POINT** | Height |  |  |  |
| Wrist |  |  |  |
| Seam |  |  |  |
| Head |  |  |  |
| **FOLLOW THROUGH** | Back leg drive |  | x | No energy through the crease with his legs.  *Made improvements in the area but it does take more out of Hayden and needs to continue for longer periods* |
| Off Pitch |  |  |  |
| Rotates 180° |  | x | Activity to assist Hayden is a small hurdle after his front foot has landed. This allows Hayden to understand what it feels like to drive through with his back leg. Creates greater energy and spin. |