|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTION SEGMENT** |  | **GOOD** | **NEEDS WORK** | **COMMENTS** |
| **RUN UP** | Length |  |  |  |
| Angle |  | x | Second last step when approaching the bowling crease Jordan jumps towards fine leg. Losing his momentum and energy at target. Counter productive and outcome of his delivery looking slow and causing inconsistency in length.  *Made improvements in this area however the challenge now is to continue executing it when bowling for long periods.* |
| Style |  |  |  |
| **Take off / Load Up** | Ball load up |  |  |  |
| Front Arm |  | x | Front arm needs to lock into Jordan’s side. At the moment it falls away and causes him to bowl wide of off stump. This is magnified by his jump into the stumps. |
| Feet, Trunk and Head |  |  |  |
| **BACK FOOT LANDING** | Feet Alignment |  | x | Bowls across himself. Looking to having front foot pointing towards target. |
| 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 | Needs to follow through to opposite pocket, which delivers greater revolutions. |
| Off Pitch |  |  |  |
| Rotates 180° |  |  |  |