|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTION SEGMENT** |  | **GOOD** | **NEEDS WORK** | **COMMENTS** |
| **RUN UP** | Length |  |  |  |
| Angle |  |  |  |
| Style |  | x | More Kurt’s approach to bowling. Obviously focuses on batting but needs to place more effort into this part of his game. |
| **Take off / Load Up** | Ball load up |  |  |  |
| Front Arm |  | x | Keep it locked in onto the target foe longer. |
| Feet, Trunk and Head |  |  |  |
| **BACK FOOT LANDING** | Feet Alignment |  | x | Front foot points toward first slip creating himself to fall away. Look to get front foot going towards fifth stump. |
| 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 | Complete his action. When not achieving this he will bowl more deliveries down leg side. |
| Off Pitch |  |  |  |
| Rotates 180° |  |  |  |