|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTION SEGMENT** |  | **GOOD** | **NEEDS WORK** | **COMMENTS** |
| **RUN UP** | Length |  |  |  |
| Angle |  |  |  |
| Style |  |  |  |
| **Take off / Load Up** | Ball load up |  |  |  |
| Front Arm |  | x | Lazy with his front arm. Relies heavily on his bowling arm.  *Worked hard in this area and results indicated the improvement* |
| Feet, Trunk and Head |  |  |  |
| **BACK FOOT LANDING** | Feet Alignment |  |  |  |
| 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 |  | x | Look to cock wrist and spin the ball hard every ball. Inconsistencies from the start of spell to the end. |
| Seam |  |  |  |
| Head |  |  |  |
| **FOLLOW THROUGH** | Back leg drive |  |  |  |
| Off Pitch |  | x | Increase the amount of steps after delivering the ball. |
| Rotates 180° |  | x | Rotate back leg (right) to create greater energy. |