

BATTING TECHNIQUE ASSESSMENT

JAMES SHAW - RIGHT-HANDED BATSMAN

BATTING STRENGTHS (85/100)

Your stance and balance form a solid foundation for your batting. You maintain good weight distribution across the crease, allowing for quick movement against different deliveries. Your footwork is decisive (80%) with excellent balance in defensive positions.

Your shot selection (82%) shows good judgment, particularly in choosing which deliveries to play or leave. This cricket intelligence will serve you well against quality bowling.

TECHNICAL WORK-ONS

1. Hands Position (65%) Your hands tend to drift away from your body during shot execution. This creates a gap between bat and pad that could be exploited by good bowlers. Keeping your hands closer to your body will: - Improve control against seaming deliveries - Reduce chances of outside edges - Enhance power transfer through the ball

2. Head Position (70%) Your head moves toward the offside too quickly during shot preparation. A stable head is crucial for maintaining balance and seeing the ball clearly. Improvements here will: - Enhance your ability to play straight - Improve balance throughout shot execution - Reduce likelihood of playing across the line

QUICK FIXES

Hands Close Drill: Practice shadow batting with a focus on keeping your hands within 10cm of your body throughout your stroke. Start with slow-motion movements, gradually increasing speed while maintaining proper technique.

Head Alignment Exercise: Place a batting tee directly in front of you. Practice driving the ball while keeping your head directly over the ball at impact. Use a mirror or video feedback to check your head position.

Batting Harness Training: Use a batting harness that restricts excessive hand movement away from the body. This physical constraint will help develop muscle memory for the correct technique.

PERFORMANCE LEVELS

Expert Level Skills (80%+) - Stance & Balance: 85% - Footwork: 80% - Shot Selection: 82%

Developing Areas - Hands Position: 65% - Head Position: 70%

IMPROVEMENT POTENTIAL

With focused work on the technical aspects highlighted above, you could gain: - +20% improvement in hands position control - +15% improvement in head stability

These adjustments would significantly enhance your overall batting effectiveness, potentially elevating your performance from 76% to 90%+ level.

NEXT STEPS

1. Incorporate the quick fix drills into your regular practice routine
2. Use video analysis to monitor progress
3. Focus on one technical aspect at a time
4. Gradually integrate improvements into match situations

Your solid foundation and cricket intelligence provide an excellent platform for technical refinement. Address these specific areas, and you'll see substantial improvements in your batting performance.

ACHIEVEMENTS UNLOCKED

TECHNICAL FOUNDATION MASTER You've mastered the fundamentals of batting stance and balance!

FOOTWORK SPECIALIST Your decisive movement at the crease puts you in the top 20% of batsmen!