SAMPLE REPORT

Freddie

Batting Analysis

Age:	11	Video date:	5 October 2026
Level:	District cricket	Report date:	8 October 2026
Focus:	Sidearm batting	Reviewed by:	Robert Glaysher

ECB Level 3 Cricket Coach | Qualified Teacher (PGCE, BA Hons Coaching Development)

Video Analysis

WHAT IS ALREADY WORKING WELL

- **Balanced setup**
  A relaxed, stable base.
- **Clear length response**
  He reacts decisively to the length.
- **Positive intent**
  He commits to his shots.

PRIORITY

Keep the head and weight moving towards the ball

On the straighter delivery, Freddie's head falls away towards the off side as the ball comes into his body. That makes it harder for his weight to move into the right position for the shot. The first aim is to move the head and weight positively towards the ball. The front foot can then organise underneath that movement - towards the line of leg stump, with the toe pointing towards mid-on - creating a better path for the bat towards mid-on or mid-wicket.

COACHING CUE

"Head towards the ball - then let the feet organise underneath."

DEVELOPING

Back foot across - hands rise at the same time

On the shorter ball, Freddie recognises the length well. The next refinement is to let the back foot move across into line with the ball as the hands rise at the same time. This helps him get above the ball and control the contact point.

Why this matters

When the feet and hands work together, Freddie has more control over the contact point and a better chance of keeping the ball down.

Practice Plan

Two short coaching videos have been selected to reinforce the changes in Freddie's report. The aim is to keep practice simple: one clear movement focus, then one scoring challenge to transfer it into batting.

VIDEO 1

Hands through the target

Use the back-hand racket drill to reinforce a clean path through the ball. Once Freddie's head and feet have created the right position, the hands can continue towards the intended target rather than working across the ball too early.

SCAN TO ACCESS

rgsports.co

Key cue: Feet create the angle - hands continue through the target.

VIDEO 2

Target-gap scoring challenge

Use visible scoring gates in the net to give Freddie a clear target. For straighter balls, the aim is to organise the body so that mid-on and mid-wicket become natural scoring areas rather than forcing the bat across the ball.

SCAN TO ACCESS

rgsports.co

Key cue: Move first, then hit through the gap.

WHAT WE WILL LOOK FOR NEXT

- Head stays towards the ball rather than falling away to the off side.
- Front foot and body position create a clearer scoring angle on straighter balls.
- Back foot and hands move together on shorter balls.

Website sample - QR codes open RG Sports. Paid reports provide private access to the selected coaching videos.