

Faults, Corrections and Specific Drills Check List.

Players Name		Coaches Name	
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Faults	Faults to be identified in correct sequence. (In order of Importance)	Find the source of the faults.
Correction	Corrections fixed in order of sequence. (In order of Importance)	First Correct the Source of the faults.
Specific Drills	Drills to be progressive so they challenge changes gradually as technique is constructed and enhanced.	
Benefits of Technical Corrections		

ON A SCALE OF 1 -5 HOW MUCH IMPROVEMENT WAS ACHIEVED: 1. 2. 3. 4. 5. (Circle your choice)

1 -2-1 Technical Coaching System (Alignment , balance, Completion of Shot must be accessed at all times)

Alignment Balance and Completion are the core principles of Perfect Batting Technique and should be constantly accessed and fine-tuned.

	Coaching System of Analysis and correcting technique.	Access your coaching system out of 4. 1. = Poor 2. = Average 3. = Good 4. = Excellent
1.	Access player for a few minutes and say nothing, while forming a plan of your intervention in your head.	
2.	Identify the source of the problem, which will be the key fault to address initially.	
3.	Stop, explain and demonstrate the faults to the batter and how they restrict them. Explain and demonstrate the correction and the benefits of the change Highlight 1 key correction to focus on initially.	
4.	Set up a specific drill to seal the correction in the muscle memory through repetition. Use Target areas where possible.	
5.	Strive for perfection on every shot and as a coach don't let too many flawed shots go by unnoticed without identifying the fault to the player. Give a running commentary where appropriate so the player can identify between the feel of a perfect shot and a flawed one.	
6.	Now progressively challenge the improved technique by: <ul style="list-style-type: none"> • Swinging OR spinning the ball • Bowling faster • introducing shot selection • Chasing various target types and incorporating running between the wickets. Constantly keep fine tuning and maintain good technique Set a high standard of technical expectation.	
7.	Debrief on the session and cover what you have done leaving the player crystal clear about the technical corrections and how they will benefit their performance.	

