



COMMON FAULTS

NAME:

STANCE

FEET POSITION ON MAT

KNEES

SHOULDERS

EYES

NON BOWLING HAND

BOWLING ARM

STEPPING

FRONT FOOT STEP

BOWLING ARM BACKSWING

SHOULDERS

DELIVERY

TIMING OF ARM AND STEP

BOWLING ARM FORWARD SWING

NON BOWLING HAND

FORWARD FOOT

BOWLING ARM

EYES

BODY

COMPLETION OF DELIVERY

- GRIP
 TOO FAR BACK
 TOO FAR FORWARD
 WEIGHT NOT ON BALLS OF FEET
 NOT POINTING ALONG AIMING LINE
 BENT TOO MUCH
 TOO STRAIGHT
 TOO UPRIGHT
 TOO FAR FORWARD
 NOT FACING LINE OF DELIVERY
 NOT STAYING FOCUSED
 NOT STEADYING BOWLING ARM
 IN CENTRE OF BODY
 STARTING TOO STRAIGHT
 TOO HIGH
 STEPPING TOO LONG
 STEPPING TOO SHORT
 NOT STEPPING STRAIGHT (Heel down first)
 BACK LEG TOO STRAIGHT
 TOO MUCH BACKSWING
 TOO QUICK BACKSWING
 NOT ENOUGH BACKSWING
 NOT CLOSE TO BODY
 SHOULDERS TWISTING
 SHOULDER DROPPED
 NOT STRAIGHT
 STEPPING TOO SOON
 STEPPING TOO LATE
 BENT ON DELIVERY
 RELEASING BOWL TOO SOON
 RELEASING BOWL TOO LATE
 NOT ON KNEE FOR BALANCE
 NOT ENOUGH WEIGHT ON FRONT FOOT
 HEEL LIFTING TOO HIGH
 TOO HIGH ON COMPLETION
 BENT ON COMPLETION
 FINISHED ACROSS BODY
 NOT STAYING FOCUSED
 COMING UP TOO QUICK
 NOT STEPPING FORWARD OFF MAT

COMMENTS