Bowling Technique Report

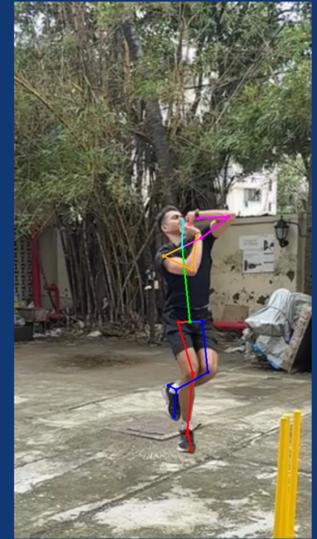Player: Adit Dani

Action Type: Semi_Side_On

Date of Analysis: 09/02/2026

Cricprocess

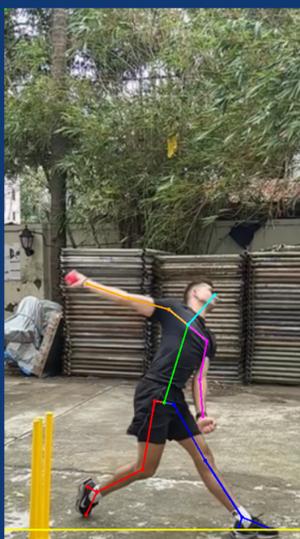(2a: Pre Jump)

(2b: Mid Jump)

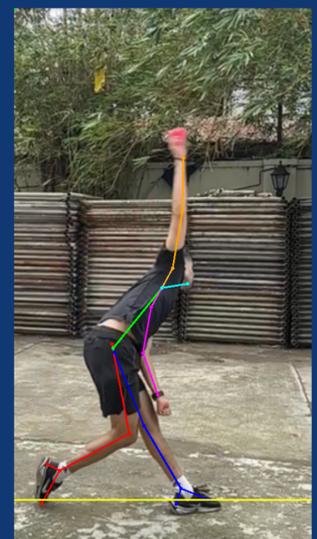
(2c: Mid Jump)

(2d: Jump Landing)

(3a: Backfoot Contact)

(3b: Backfoot Turn)

(4a: Front Foot Contact)

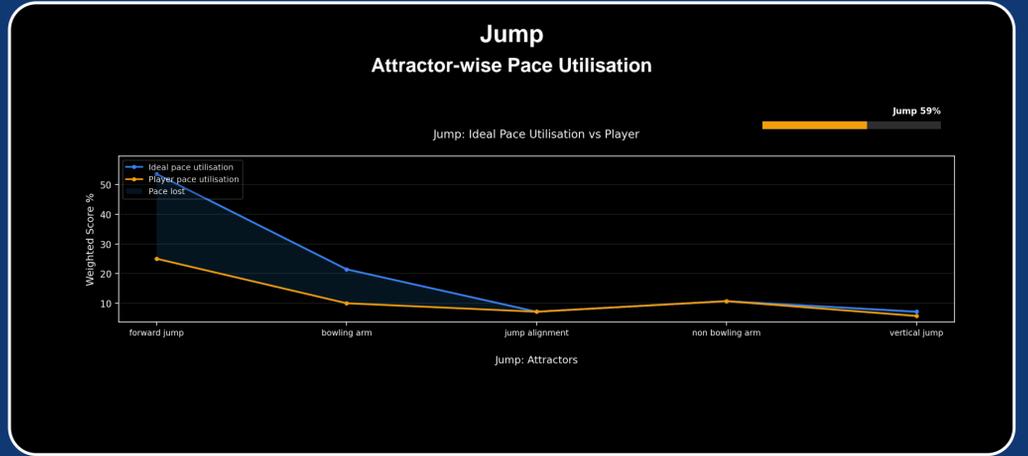(5a: Pre Release)

(5b: Release)

Index

Systems Summary

Cricprocess

Run-up
Attractor-wise Pace Utilisation

Runup: Ideal Pace Utilisation vs Player

Runup 94%

Weighted Score %

Ideal pace utilisation
Player pace utilisation
Pace lost

arm alignment — pacing — running mechanics

Runup: Attractors

Jump
Attractor-wise Pace Utilisation

Jump: Ideal Pace Utilisation vs Player

Jump 59%

Weighted Score %

Ideal pace utilisation
Player pace utilisation
Pace lost

forward jump — bowling arm — jump alignment — non bowling arm — vertical jump

Jump: Attractors
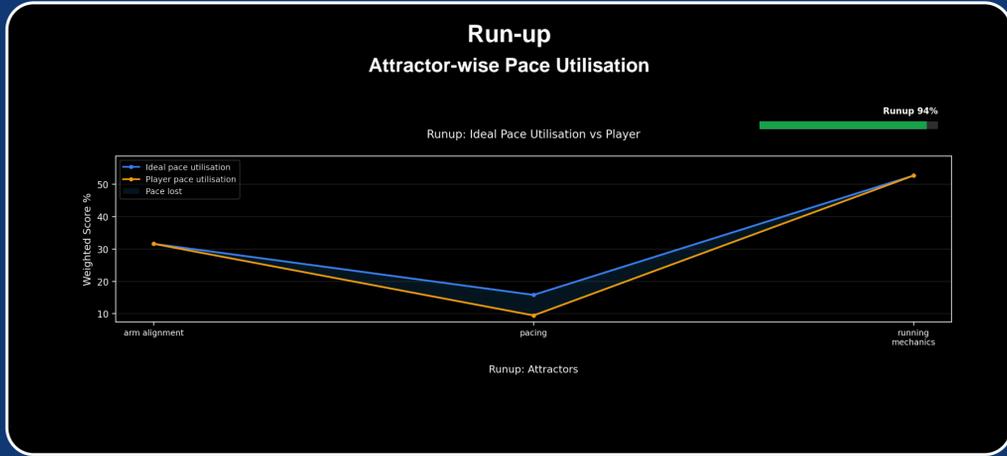
Run-up: Summary — EXCELLENT

Strengths
• arm alignment
• running mechanics

Fixes Required
• pacing

Summary
• Prioritize improving pacing to lift overall runup.

Momentum Generation — 94%

Jump: Summary — OK

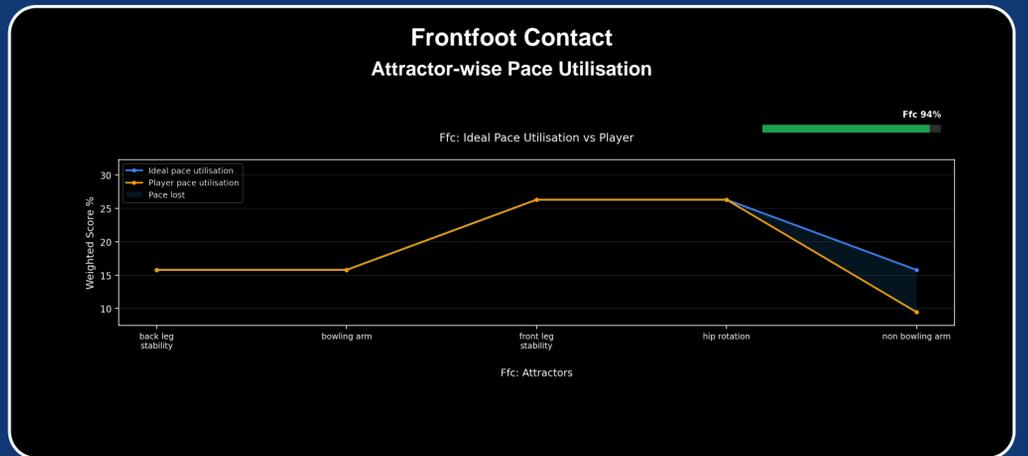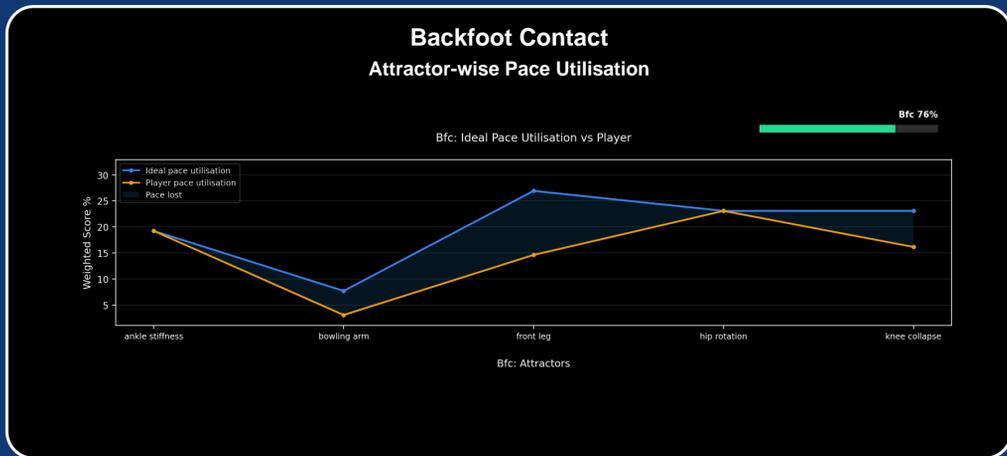**Strengths**
• jump alignment
• non bowling arm

Fixes Required
• bowling arm
• forward jump

Summary
• Prioritize improving bowling arm first, then forward jump to lift overall jump.

Momentum Generation — 59%

Backfoot Contact
Attractor-wise Pace Utilisation

Bfc: Ideal Pace Utilisation vs Player

Bfc 76%

Weighted Score %

Ideal pace utilisation
Player pace utilisation
Pace lost

ankle stiffness — bowling arm — front leg — hip rotation — knee collapse

Bfc: Attractors

Frontfoot Contact
Attractor-wise Pace Utilisation

Ffc: Ideal Pace Utilisation vs Player

Ffc 94%

Weighted Score %

Ideal pace utilisation
Player pace utilisation
Pace lost

back leg stability — bowling arm — front leg stability — hip rotation — non bowling arm

Ffc: Attractors

Backfoot Contact: Summary — GOOD

Strengths
• ankle stiffness
• hip rotation

Fixes Required
• bowling arm
• front leg

Summary
• Prioritize improving bowling arm first, then front leg to lift overall bfc.

Transition — 76%

Frontfoot Contact: Summary — EXCELLENT
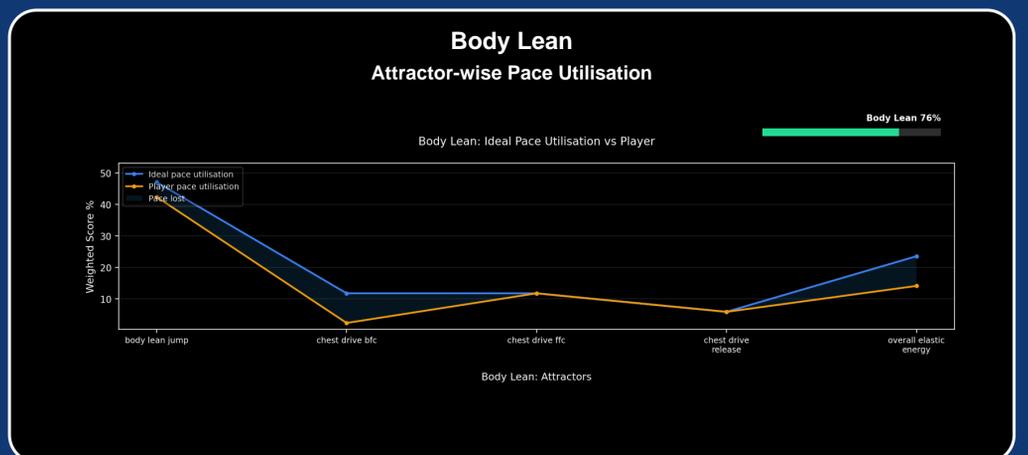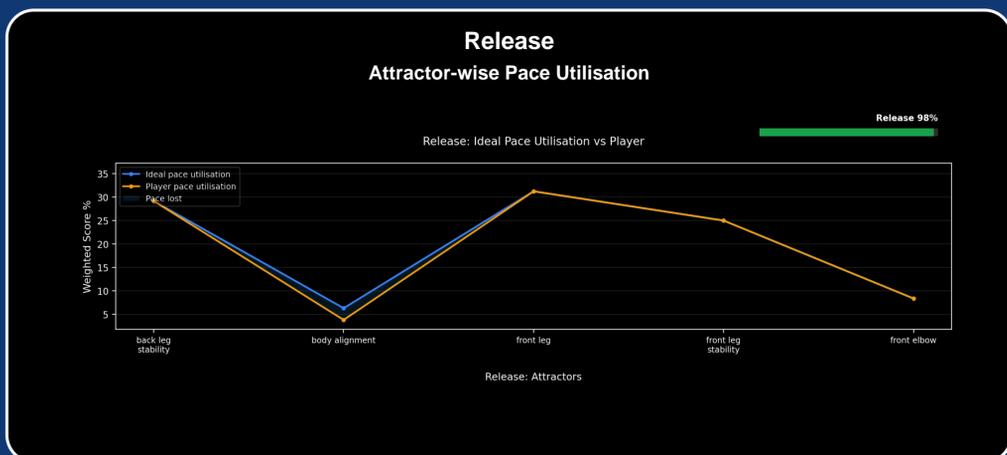
Strengths
• back leg stability
• bowling arm

Fixes Required
• non bowling arm

Summary
• Prioritize improving non bowling arm to lift overall ffc.

Momentum Transfer — 94%

Release
Attractor-wise Pace Utilisation

Release: Ideal Pace Utilisation vs Player

Release 98%

Weighted Score %

Ideal pace utilisation
Player pace utilisation
Pace lost

back leg stability — body alignment — front leg — front leg stability — front elbow

Release: Attractors

Body Lean
Attractor-wise Pace Utilisation

Body Lean: Ideal Pace Utilisation vs Player

Body Lean 76%

Weighted Score %

Ideal pace utilisation
Player pace utilisation
Pace lost

body lean jump — chest drive bfc — chest drive ffc — chest drive release — overall elastic energy

Body Lean: Attractors

Release: Summary — EXCELLENT

Strengths
• back leg stability
• front elbow

Fixes Required
• body alignment

Summary
• Prioritize improving body alignment to lift overall release.

Momentum Transfer — 98%

Body Lean: Summary — GOOD

Strengths
• chest drive ffc
• chest drive release

Fixes Required
• chest drive bfc
• overall elastic energy

Summary
• Prioritize improving chest drive bfc first, then overall elastic energy to lift overall body lean.

Elastic Energy — 76%

Run-up

Key: Good run-up = Smooth rhythm, relaxed arm swing, controlled acceleration, cyclical running pattern, and a gradual increase in stride length into the jump.

Arm Path — EXCELLENT

Wrist (path) — Smooth, vertical wrist path with arms staying controlled.

Good arm movement

100%

Stride Length

Stride Length (Run-up)

Player / Ideal

Stride Length — OK

Stride length — Peak stride at Impulse Step (1C), then drops into Jump, aim for a steady build.

Stride pacing needs work, stride length doesn't build smoothly into the jump.

60%

Run-up — Player vs Ideal

IDEAL

1a: Build-Up | 1b: Load-Up | 1c: Impulse Step | 1d: Jump

PLAYER

1a: Build-Up | 1b: Load-Up | 1c: Impulse Step | 1d: Jump

Foot Placement Breakdown — EXCELLENT

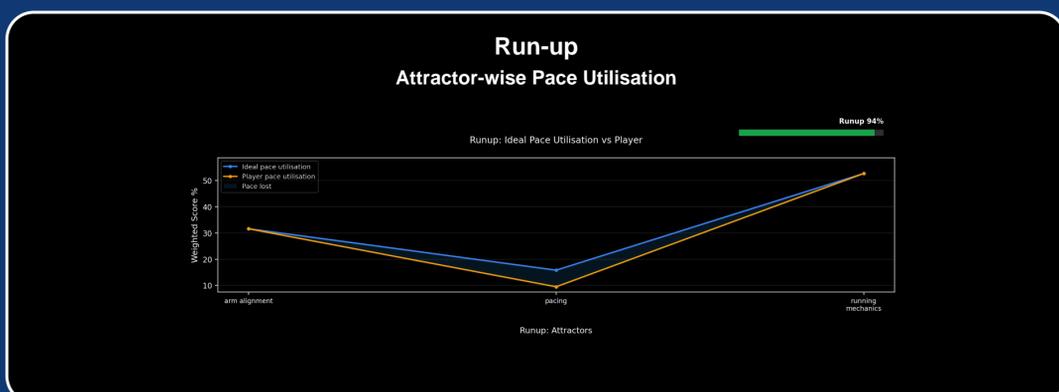|	
Behind Body (Good for forward acceleration)	50% ✓
Foot Strike (Should be on forefoot)	Forefoot 100% | Heel 0%

Good acceleration - foot placement supports forward momentum.

100%

Running Mechanics Breakdown — EXCELLENT

Arm Alignment	100% ✓
Stride Length	60% ✗
Hand Position	100% ✓
Foot Position	100% ✓
Foot Landing Points	100% ✓

Very good running mechanics, strong base for the rest of the action.

100%

Run-up
Attractor-wise Pace Utilisation

Runup: Ideal Pace Utilisation vs Player

Runup 94%

Ideal pace utilisation / Player pace utilisation / Pace lost

Runup: Attractors

Run-up: Summary — EXCELLENT

Strengths
• arm alignment
• running mechanics

Fixes Required
• pacing

Summary
• Prioritize improving pacing to lift overall runup.

Momentum Generation — 94%

Jump

Key: Good jump = Take-off from a well-paced run-up with good vertical height and forward momentum, enough air-time for a clean leg switch, and arms aligned towards the batter.

Stride & Impulse Breakdown — EXCELLENT

Run-up stride — 1A 0.56 | 1B 0.61 | 1C 0.73 | 1D 0.71
Impulse Stride Length vs Run-up — +0.01
Good impulse step - strong base going into the jump.
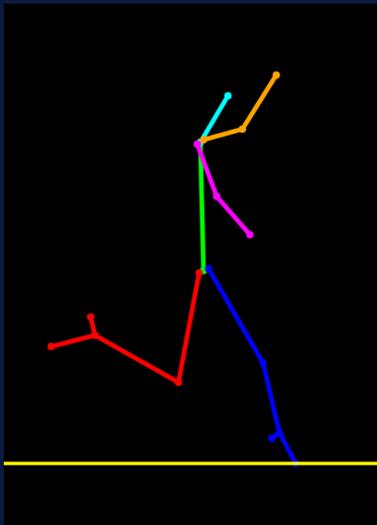
100%

Forward Jump — NEEDS WORK

Jump length — 5 cm (est.)
Jump is too vertical - needs more forward projection.
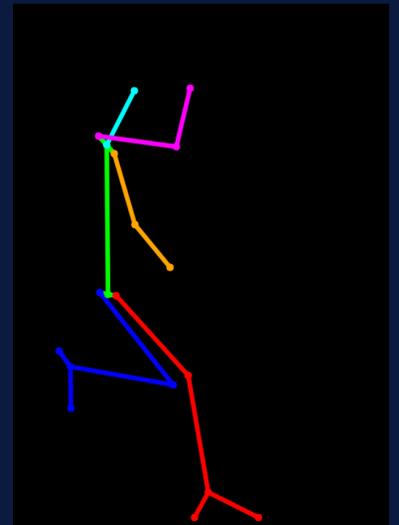
20%

Jump — Player vs Ideal

IDEAL

2a: Pre Jump
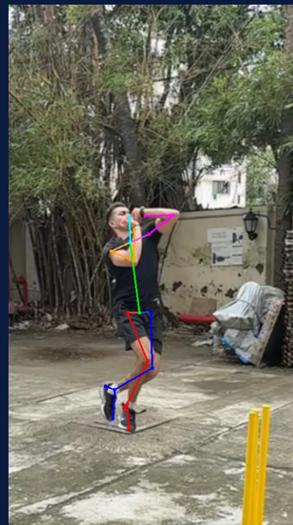

2b: Mid Jump
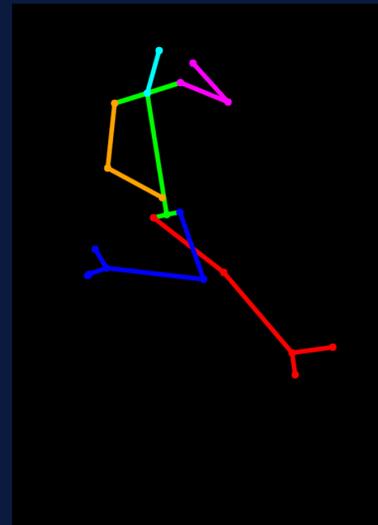
2c: Landing

2d: Leg Switch

PLAYER

2a: Pre Jump

2b: Mid Jump

2c: Landing
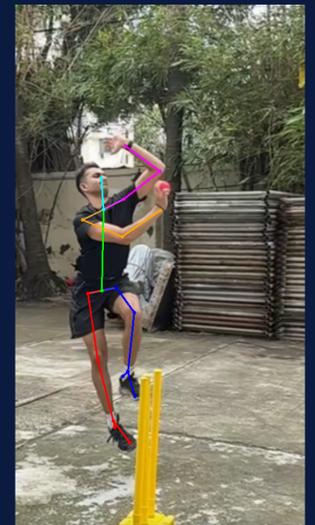
2d: Leg Switch

Vertical Jump

Vertical Jump Height
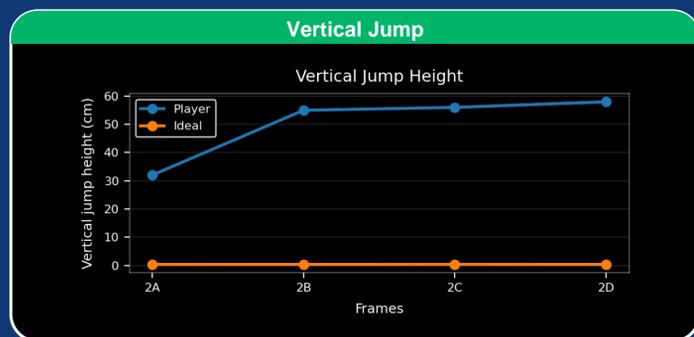
Vertical Jump — GOOD

Average jump height — **56 cm**

Good vertical jump height, this gives you good air time.

80%

Jump Alignment — EXCELLENT

Alignment — Aligned ✓
Good alignment in the jump, arms move cleanly toward target.

100%
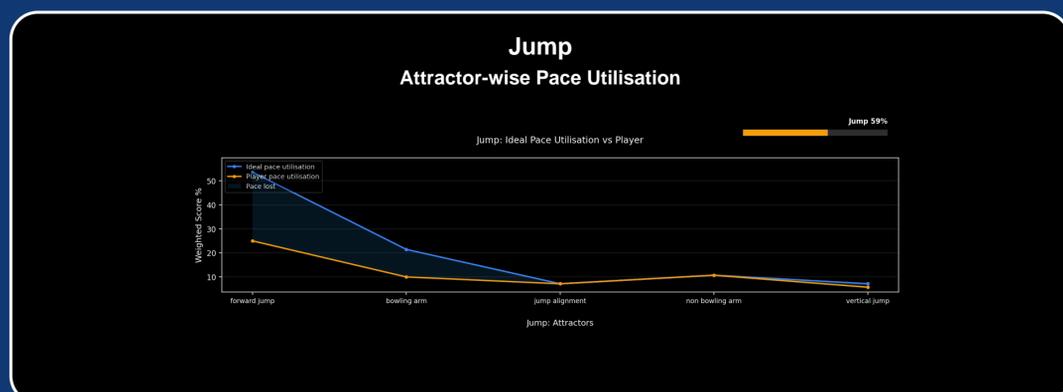
Jump
Attractor-wise Pace Utilisation

Jump: Ideal Pace Utilisation vs Player

Jump 59%

Jump: Summary — OK

Strengths
• jump alignment
• non bowling arm

Fixes Required
• bowling arm
• forward jump

Summary
• Prioritize improving bowling arm first, then forward jump to lift overall jump.

Momentum Generation — 59%

5

Backfoot Contact

Key: Good BFC = Back heel lifted off the ground with strong ankle stiffness, a stable back knee, and a solid setup for pivoting into FFC.

Ankle Stiffness — EXCELLENT

Heel state (3A)	Lifted
Heel state (3B)	Lifted

Good ankle stiffness, heel stays lifted to transfer force.
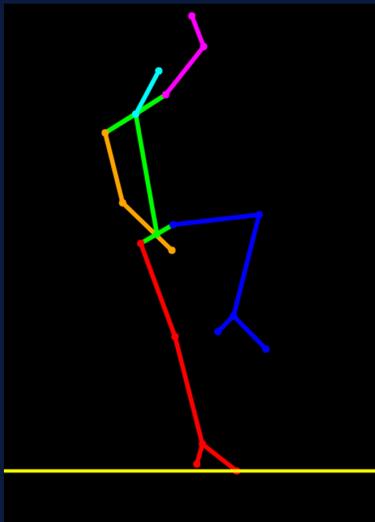
100%

Back Knee Stability — OK

Knee bend (3A)	18°
Knee bend (3B)	3°
Collapse Δ (Post BFC)	+-15°
Power type	Hip Dominant

Back knee collapses - stability is limiting force transfer.
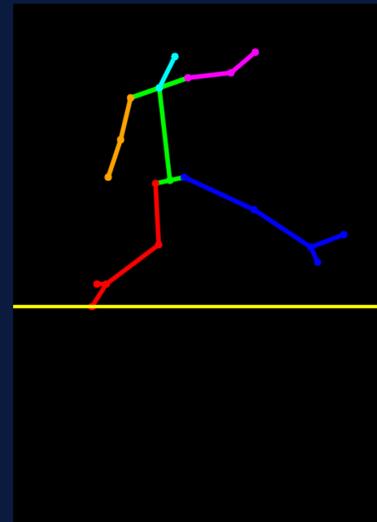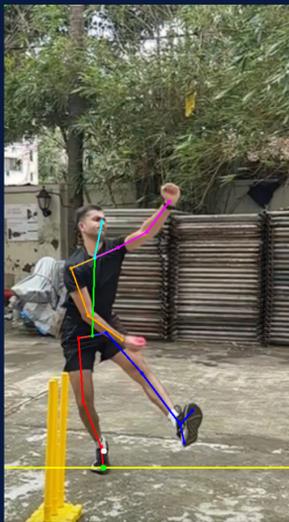
60%

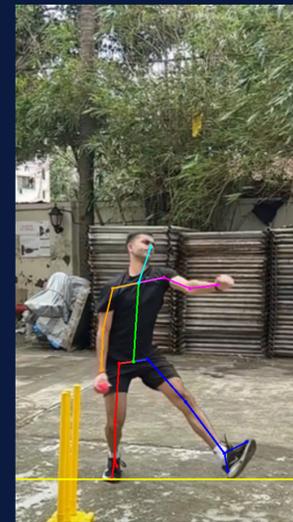### Backfoot Contact — Player vs Ideal

IDEAL

3a: Backfoot Contact

3b: End BFC

PLAYER

3a: Backfoot Contact

3b: End BFC

Hip Rotation — EXCELLENT

Backfoot turn	Yes ✓
Knee snap	Yes ✓
Snap degree	+-15°

Quick hip turn + knee snap - strong entry into rotation.

100%

Front Leg Setup — OK

Retraction + Extension	Extension supports braced leg setup; improve retraction for better momentum + timing.

Front leg extends well, but retraction can improve.

60%

Backfoot Contact
Attractor-wise Pace Utilisation

Bfc 76%

Bfc: Ideal Pace Utilisation vs Player

Legend: Ideal pace utilisation / Player pace utilisation / Pace lost

Y-axis: Weighted Score %
X-axis: Bfc: Attractors (ankle stiffness, bowling arm, front leg, hip rotation, knee collapse)

Backfoot Contact: Summary — GOOD

Strengths
- ankle stiffness
- hip rotation

Fixes Required
- bowling arm
- front leg

Summary
- Prioritize improving bowling arm first, then front leg to lift overall bfc.

Transition — 76%

Frontfoot Contact

Key: Good FFC = A strong, braced front leg with a stable front knee, front arm fully extended, hips leading the bowling shoulder, and clear hip–shoulder separation.

Bowling Arm Delay — EXCELLENT

Bowling Arm Sync — Bowling Arm is in sync with lower body, timing supports strong whip + speed.

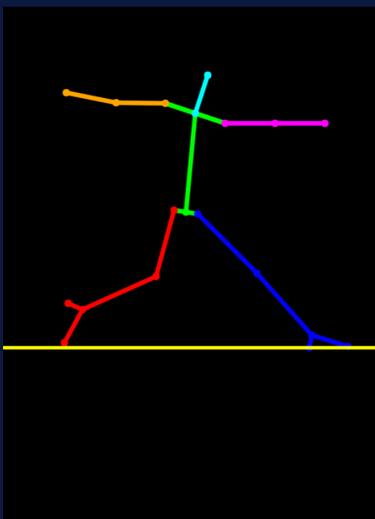**Bowling arm syncs well with lower body, delay is achieved.**

100%

Front Arm Extension — OK

Extension score — 3/5

Breakdown — Partially extended

Front arm extension is limited - stability/force reduces.

60%

Frontfoot Contact — Player vs Ideal

IDEAL

4a: Front Foot Contact

PLAYER

4a: Front Foot Contact

Back Leg Stability — EXCELLENT

Chain result — Backfoot stays stable/grounded through BFC → FFC.

Back leg stays stable - strong base into FFC.
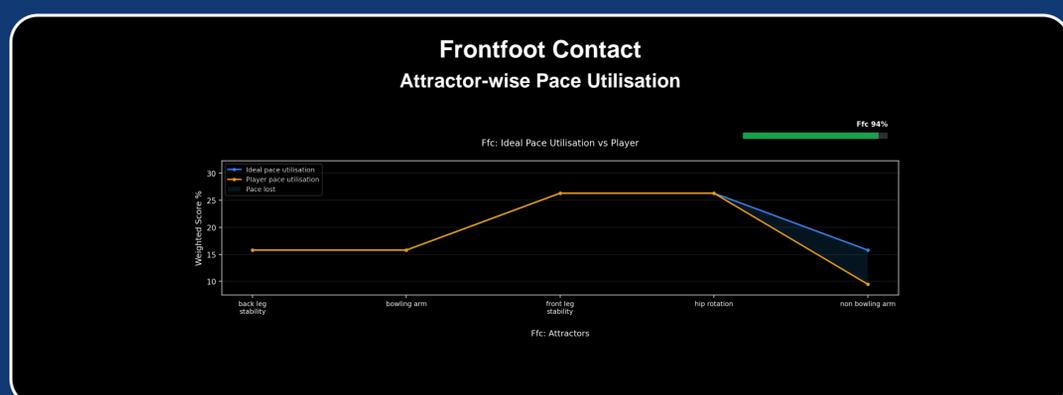
100%

Braced leg at FFC — EXCELLENT

Knee bend (4A) — 4°

Brace band — Excellent

Braced front leg at contact - strong block for transfer.

100%

Hip Shoulder Separation — EXCELLENT

Rotation **Hips rotate before shoulders → transfers rotational momentum.**

Good hip–shoulder separation - hips lead rotation into release.

100%

Frontfoot Contact
Attractor-wise Pace Utilisation

Ffc 94%

Ffc: Ideal Pace Utilisation vs Player

- Ideal pace utilisation
- Player pace utilisation
- Pace lost

Weighted Score %

back leg stability | bowling arm | front leg stability | hip rotation | non bowling arm

Ffc: Attractors

Frontfoot Contact: Summary — EXCELLENT

Strengths
- back leg stability
- bowling arm

Fixes Required
- non bowling arm

Summary
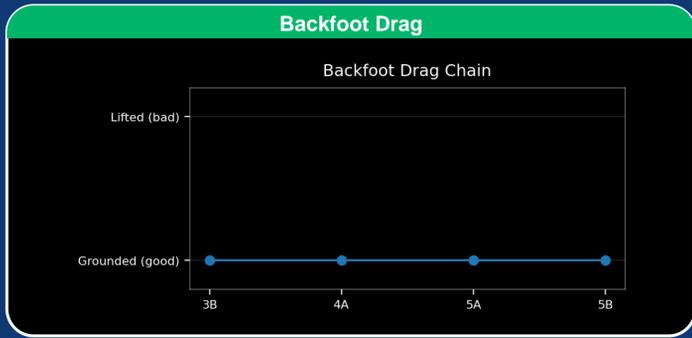- Prioritize improving non bowling arm to lift overall ffc.

Momentum Transfer 94%

Release

Key: Good release = Stable back leg with back-foot drag, a braced and stable front leg, and strong transfer from FFC into release to generate a clean whip into the ball.
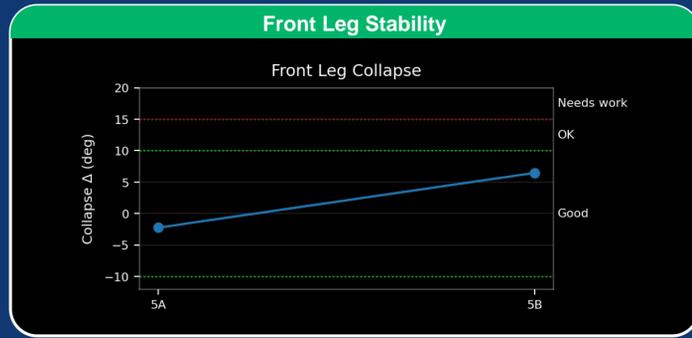
Backfoot Drag

Backfoot Drag Chain

- Lifted (bad)
- Grounded (good)

3B 4A 5A 5B

Backfoot Drag — EXCELLENT

Metric — **Foot remains grounded until after release.**

Backfoot stays connected - stable base through release.
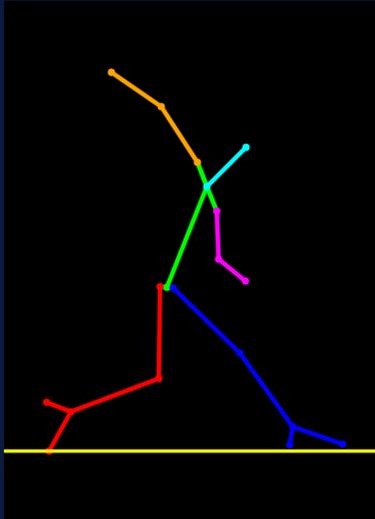
100%

Front Leg Stability

Front Leg Collapse

Collapse Δ (deg)

- 20
- 15 — Needs work
- 10 — OK
- 5
- 0 — Good
- -5
- -10

5A 5B

Front Leg Stability — EXCELLENT

Collapse (avg) — **N/A**

Front leg stays stable - minimal collapse after contact.

100%

Release — Player vs Ideal

IDEAL

5a: Pre Release

5b: Release

PLAYER

5a: Pre Release

5b: Release

Braced Leg

Braced Leg (Brace Hold)

Collapse vs 4A (deg)

- 12
- 10 — Needs work
- 8 — OK
- 6
- 4
- 2 — Good
- 0
- -2

4A 5A 5B
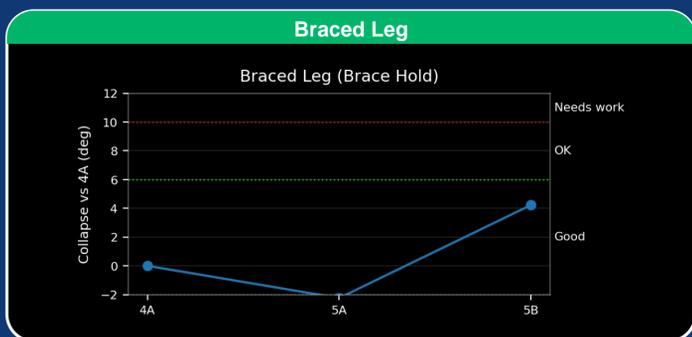
Braced Leg — EXCELLENT

Brace hold (avg vs 4A) — **1°**

Braced leg holds from contact to release.

100%

Release Metric — EXCELLENT

Elbow bend at Release — **5°**

Front elbow stays straight - clean action (no chucking).

100%
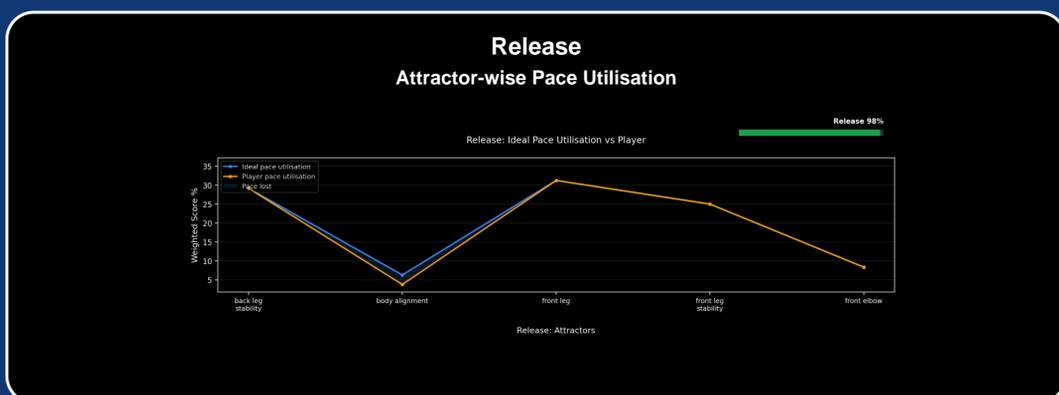
Release
Attractor-wise Pace Utilisation

Release 98%

Release: Ideal Pace Utilisation vs Player

Weighted Score %

- 35
- 30
- 25
- 20
- 15
- 10
- 5

- Ideal pace utilisation
- Player pace utilisation
- Pace lost

back leg stability | body alignment | front leg | front leg stability | front elbow

Release: Attractors

Release: Summary — EXCELLENT

Strengths
- back leg stability
- front elbow

Fixes Required
- body alignment

Summary
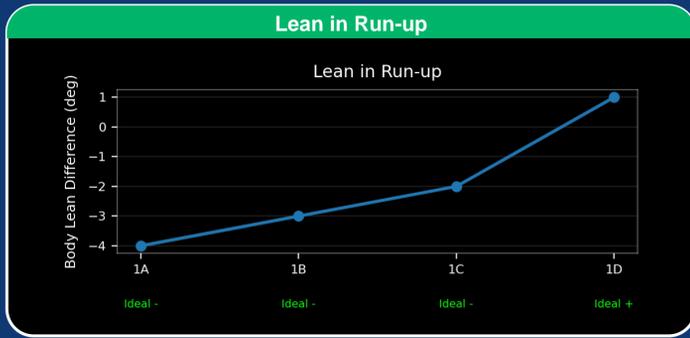- Prioritize improving body alignment to lift overall release.

Momentum Transfer — 98%

Body Lean

Cricprocess

Key: Good body lean = Controlled backward and forward lean through the action, using full range of motion to add elastic energy into the ball.
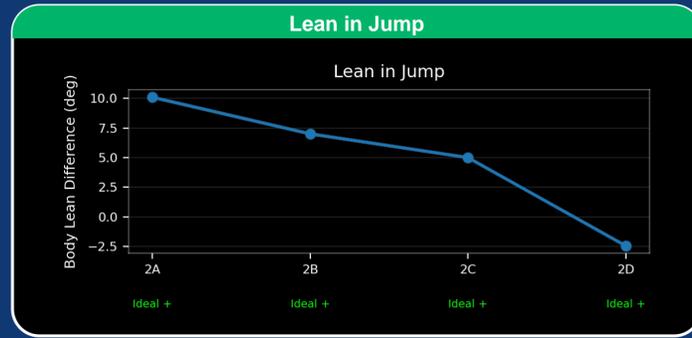
Lean in Run-up

Lean in Run-up
Body Lean Difference (deg)
1A — Ideal -
1B — Ideal -
1C — Ideal -
1D — Ideal +

Lean in Run-up — EXCELLENT
Trunk lean (sign check) 1A ✓ 1B ✓ 1C ✓ 1D ✓

Good body lean in Run-up - posture supports momentum direction.

100%

Lean in Jump

Lean in Jump
Body Lean Difference (deg)
2A — Ideal +
2B — Ideal +
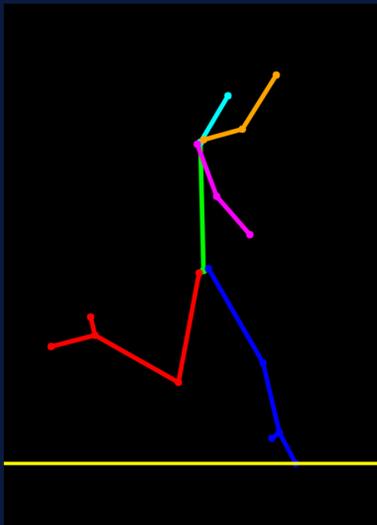2C — Ideal +
2D — Ideal +

Lean in Jump — GOOD
Trunk lean (sign check) 2A ✓ 2B ✓ 2C ✓ 2D ✗

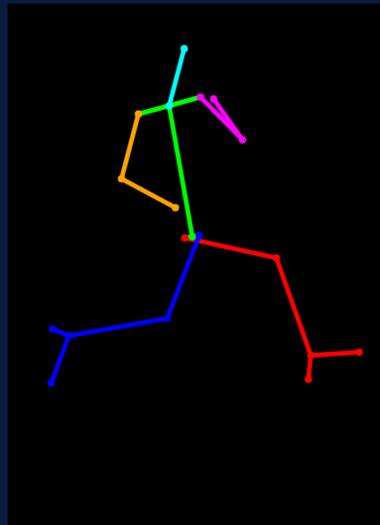Body lean in Jump needs work - posture is costing momentum.
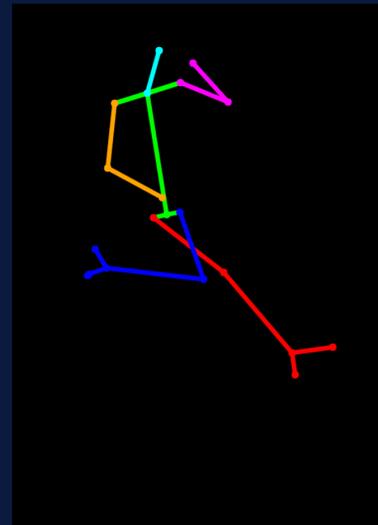
80%

Body Lean — Player vs Ideal
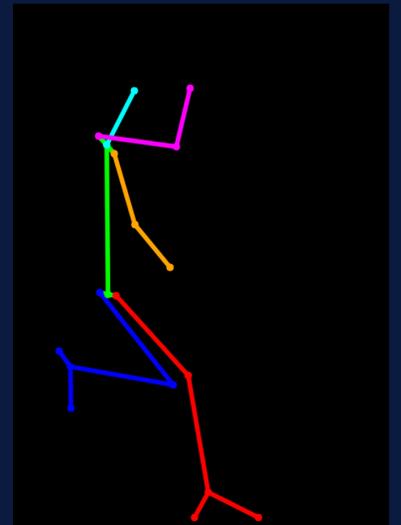
IDEAL

2a: Pre Jump

2c: Landing

2d: Leg Switch

3b: End BFC

PLAYER

2a: Pre Jump
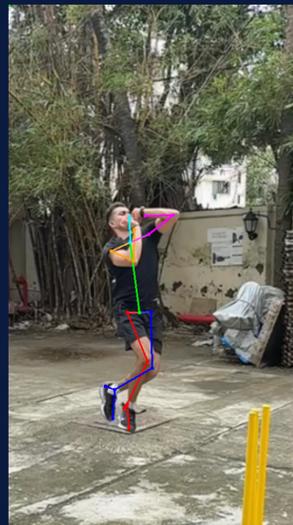
2c: Landing

2d: Leg Switch

3b: End BFC

Lean at BFC

Lean at BFC
Body Lean Difference (deg)
3A — Ideal +
3B — Ideal +
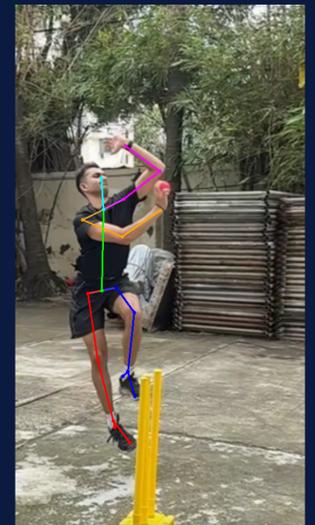
Lean at BFC — NEEDS WORK
Trunk lean (sign check) 3A ✗ 3B ✗

Body lean in BFC needs work - posture is costing momentum.

20%

Lean FFC→Rel

Lean FFC→Rel
Body Lean Difference (deg)
4A — Ideal -
5A — Ideal -
5B — Ideal -
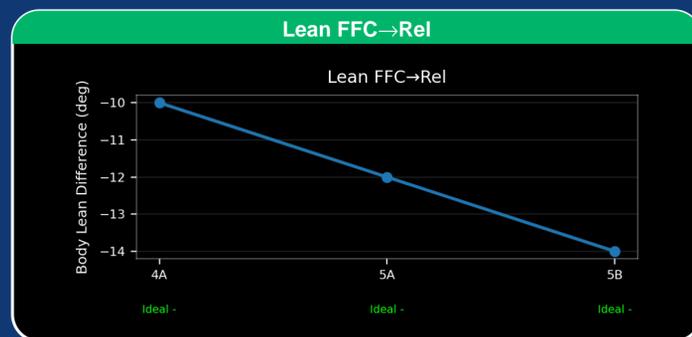
Lean FFC→Rel — EXCELLENT
Trunk lean (sign check) 4A ✓ 5A ✓ 5B ✓

Good body lean in FFC → Release - posture supports momentum direction.
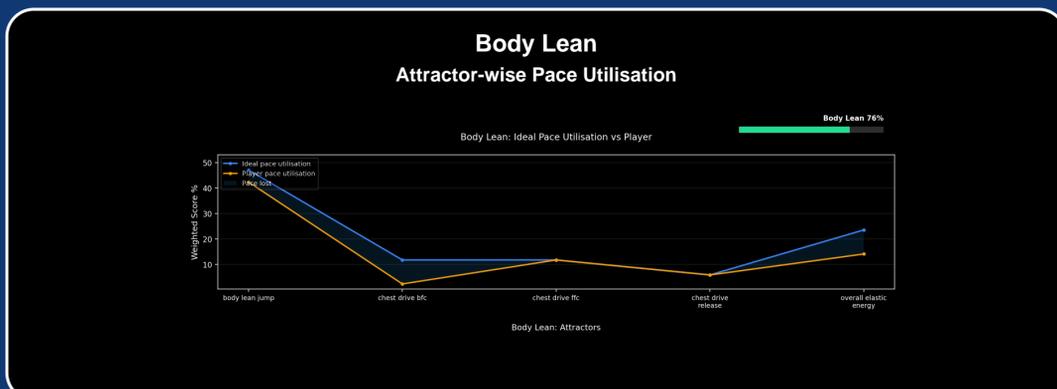
100%

Body Lean
Attractor-wise Pace Utilisation

Body Lean 76%

Body Lean: Ideal Pace Utilisation vs Player
— Ideal pace utilisation
— Player pace utilisation
Weighted Score %
Body Lean: Attractors
(body lean jump, chest drive bfc, chest drive ffc, chest drive release, overall elastic energy)

Body Lean: Summary — GOOD

Strengths
• chest drive ffc
• chest drive release

Fixes Required
• chest drive bfc
• overall elastic energy

Summary
• Prioritize improving chest drive bfc first, then overall elastic energy to lift overall body lean.

Elastic Energy **76%**

Player Profile

Overall Score 84%

Phase-wise Pace Utilisation

- Ideal pace utilisation
- Player pace utilisation
- Pace lost

Y-axis: Wtd % of total pace utilisation
X-axis: Run-up, Jump, Backfoot Contact, Frontfoot Contact, Release, Body Lean

Zone-wise Pace Utilisation

- Ideal pace utilisation
- Player pace utilisation
- Pace lost

Y-axis: Wtd % of total pace utilisation
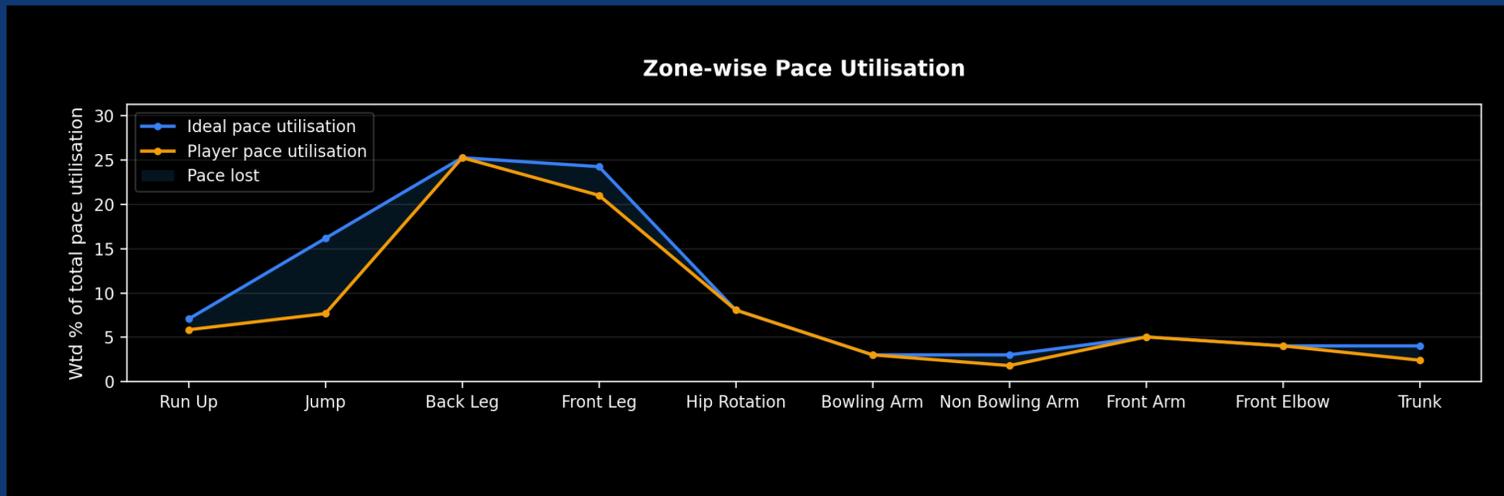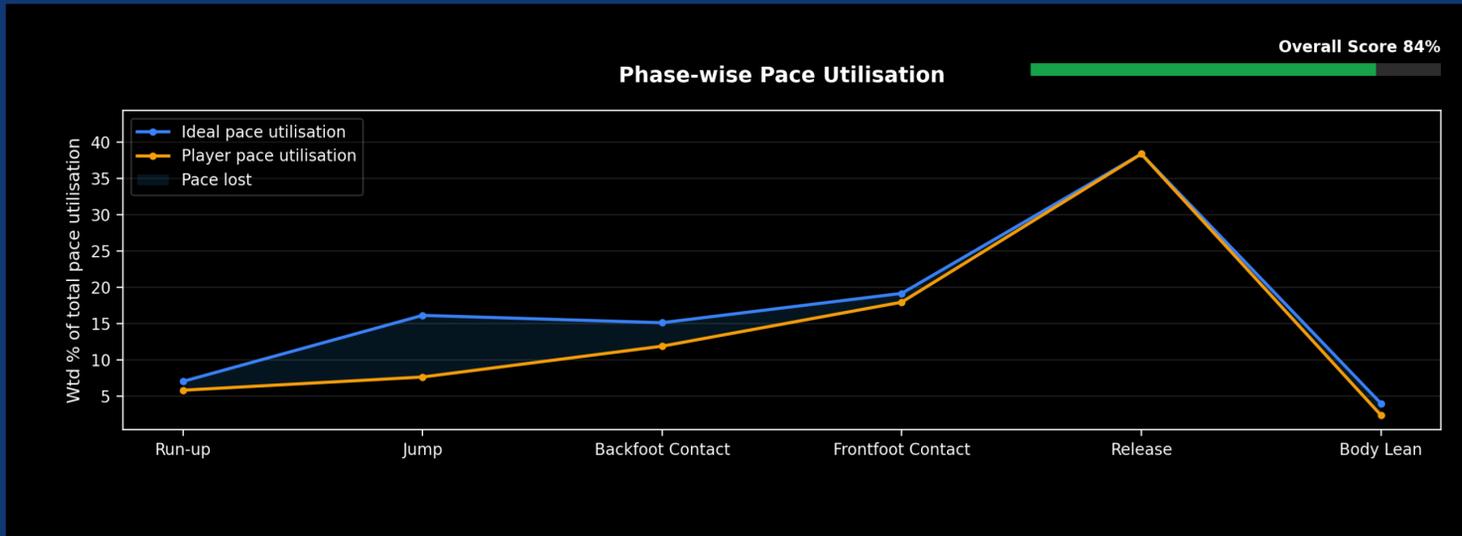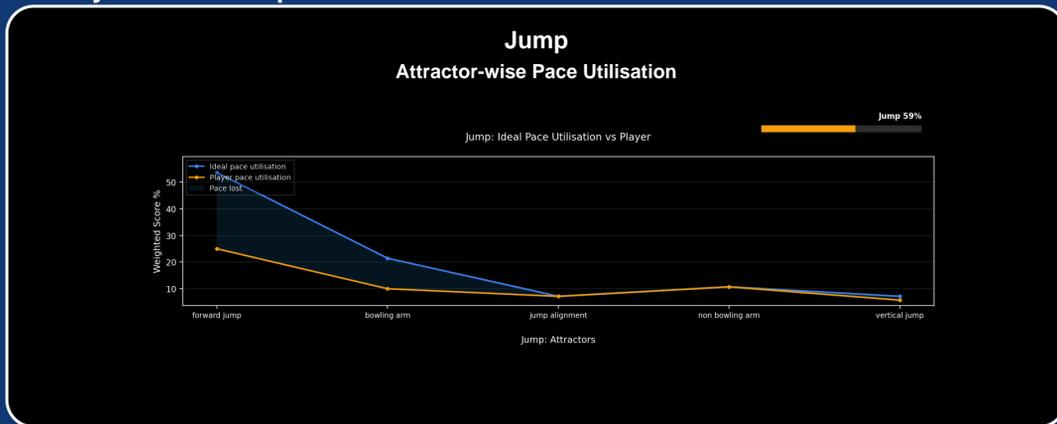X-axis: Run Up, Jump, Back Leg, Front Leg, Hip Rotation, Bowling Arm, Non Bowling Arm, Front Arm, Front Elbow, Trunk

Primary Limiter: Jump

Jump
Attractor-wise Pace Utilisation

Jump 59%

Jump: Ideal Pace Utilisation vs Player

- Ideal pace utilisation
- Player pace utilisation
- Pace lost

X-axis: forward jump, bowling arm, jump alignment, non bowling arm, vertical jump
Jump: Attractors

Jump: Summary
OK

Strengths
- jump alignment
- non bowling arm
- vertical jump

Fixes Required
- bowling arm
- forward jump
- system pct

Summary
- Prioritize improving bowling arm first, then forward jump to lift overall jump.

Momentum Generation — **59%**

Fixes: Jump
DRILLS

Wall Shin-Angle Drill
Fixes: forward_jump
Issue: Run Up Sequencing
Frame 2b | Score 1.0/5 | Weight 3
Wall drill to reinforce shin angle and knee drive for forward projection.
Sets x Reps: 3 x 8/leg
Equipment: Wall
Cue: Shin forward; knee up; toe up.

Bounding (single-leg)
Fixes: forward_jump
Issue: Run Up Sequencing
Frame 2b | Score 1.0/5 | Weight 3
Single-leg bounds with controlled forward projection and stable hips.
Sets x Reps: 4 x 20m
Equipment: nan
Cue: Push forward, don't pop up.

Primary Limiter — **Focus**
Indicator	**Forward Jump**
Frame	**2b**
jump → forward_jump	
	48%

Biggest Leakage — **Leakage**
Ideal share	**16.2%**
Player share	**7.7%**
Jump	
	48%

Biggest Strength — **Strength**
Ideal share	**25.3%**
Player share	**25.3%**
Back Leg	
	100%

Injury Risks
RISK

Non-Bowling Arm Extension (Risk 3/5): due to poor Non-Bowling Arm Extension, excessive strain on Side Strain; Back can lead to injury.

Player Stage — **GOOD**
Stage	**Elite**
High performance profile - marginal gains focus.	
	84%

Player Potential — **EXCELLENT**
Potential	**Very High**
Big pace gains likely with focused bottleneck work.	
	95%

Player Summary — **GOOD**
Summary	**Excellent**
Maintain strengths and reduce injury-risk inefficiencies.	
	84%

Overall Score — **84%**

Body Zones

Muscle Zone Map

BACK VIEW

Legend (heatmap later):
- Injury risk
- High Load
- Weak
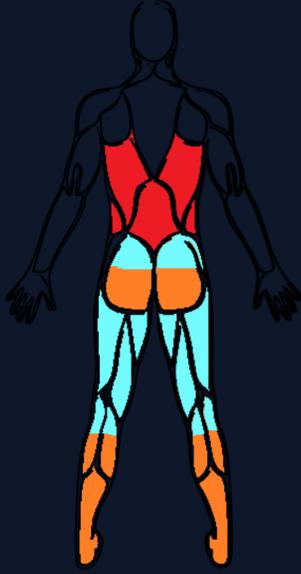
FRONT VIEW

Legend (heatmap later):
- Injury risk
- High Load
- Weak

Injury Risk Zones — INJURY

These are the zones with the highest injury risk, caused by undesirable positions, in the action.

Side Strain
Risk Scale (1–5): 5
Fixing Priority: High
Injury drivers: Backfoot Collapse, Non Bowling Arm Position, Non-Bowling Arm Extension

Back
Risk Scale (1–5): 5
Fixing Priority: High
Injury drivers: Backfoot Collapse, Non Bowling Arm Position, Non-Bowling Arm Extension

Lower Back
Risk Scale (1–5): 1
Fixing Priority: Low
Injury drivers: Lateral Flexion

Highly Loaded Zones — HIGH LOAD

These are the highly loaded zones, which should be strengthened but also monitored for recovery and potential injury.

Glutes
Load Scale (1–5): 5
Fixing Priority: High

Core
Load Scale (1–5): 4
Fixing Priority: High

Calf Complex
Load Scale (1–5): 2
Fixing Priority: Low

Shin / Tibialis
Load Scale (1–5): 2
Fixing Priority: Low

Hip Flexors
Load Scale (1–5): 1
Fixing Priority: Low

Obliques
Load Scale (1–5): 1
Fixing Priority: Low

Weak Zones — WEAK

These zones are weak as the indicators related to them show low achieved scores. Strengthening these and fixing action issues, should help improve overall performance.

Glutes
Weakness Scale (1–5): 5
Fixing Priority: High

Core
Weakness Scale (1–5): 4
Fixing Priority: High

Calf Complex
Weakness Scale (1–5): 1
Fixing Priority: Low

Hip Flexors
Weakness Scale (1–5): 1
Fixing Priority: Low

Quads
Weakness Scale (1–5): 1
Fixing Priority: Low

Hamstrings
Weakness Scale (1–5): 1
Fixing Priority: Low

Movement Type Summary — MOVEMENT

Top 3 weakest movement qualities (weighted by failure severity):

Movement Quality	Weakness
Alignment	56% weakness
Arm Extension	56% weakness
Force Production	54% weakness

Next Steps

Cricprocess

Primary Limiter — Focus

System — Jump
Jump is the first system below target in your sequence, so it limits downstream speed.

Indicators that fail
- Shin Lead
- Forward Jump

What to fix — Forward Jump
- Cause: poor horizontal impulse → speed not converted into forward displacement.
- Fix: broad jumps, bounds, impulse-step drills; tighten run-up rhythm into take-off.

Fixes (Next 2–4 weeks) — DRILLS

Wall Shin-Angle Drill
Fixes: forward_jump
Issue: Run Up Sequencing
Frame 2b | Score 1.0/5 | Weight 3
Wall drill to reinforce shin angle and knee drive for forward projection.
Sets x Reps: 3 x 8/leg

Bounding (single-leg)
Fixes: forward_jump
Issue: Run Up Sequencing
Frame 2b | Score 1.0/5 | Weight 3
Single-leg bounds with controlled forward projection and stable hips.
Sets x Reps: 4 x 20m

Quick Summary by Body Zones

Highly Loaded Zones
- Glutes (glute max/med)
- Calf complex (gastrocnemius/soleus)
- Hip flexors (iliopsoas/rectus femoris/TFL)

Weak Zones
- Glutes (glute max/med)
- Hip flexors (iliopsoas/rectus femoris/TFL)
- Calf complex (gastrocnemius/soleus)

Injury Concern Zones
- Side Strain
- Back

Gym Focus — Lower vs Upper

Lower Body Focus
- Glutes (glute max/med)
- Calf complex (gastrocnemius/soleus)
- Hip flexors (iliopsoas/rectus femoris/TFL)
- Glutes / Hips

Upper Body Focus
- Back
- Shoulders
- Lats / Upper Back
- Triceps / Forearms

Next 14 Days — Routine
1. Read the report and choose your top 1–2 priorities.
2. Apply technique changes in net sessions based on limiter indicators.
3. Train gym focus areas (strength + mobility).
4. Follow this for 14 days, then re-upload for re-assessment.

Re-assessment Loop — Repeat

Upload Your Video	Get Insights
Make Changes	Re-upload (14 Days)