How Good Is Your Technical Delivery?

QUESTION:

Hi Lachlan;
　　　You asked me to provide my reaction to this question. How good are your technical skills?

Kay

YOUR ANSWER:

　　　I believe my technical skills are okay, but possibly could be improved. That is why I think it is good to have someone else observing who may be able to see any blatant problems that might hamper my improvement, whether physical or mental.

ANSWER I MIGHT HAVE EXPECTED

　　　At my club a keen and reasonably good bowler, though not having your desire to aspire to elite, impressed me when I observed he set himself an objective of counting how many resting touchers he could achieve from 100 deliveries; his result 6.
　　　What impressed me was his discipline to get over by himself to set up the jacks at minimum each end and do the exercise without supervision.
　　　I indicated to him that his endeavor would do three things for his skill set - reinforce, reward and inform him of his skill. His intensity and sense of enjoyment were obvious to anyone watching.
　　　Apparently two days later he did the same exercise at the same length and achieved an outcome of 13/100 resting touchers. Reinforce, reward and information again for him.
　　　I share with you a skills audit table I recorded and also a version of it is on my website.

TECHNICAL DELIVERY SKILLS MEASURE
　　　Experience at minimum length forehand - the number of deliveries ending within **'Mat Length'** **(ML)** of delivery being attempted at the minimum length RH forehand.

Types of delivery, (10 attempts all type of deliveries)	Total Number bowled	BC Ave.	BC 'pb'	Elbows Squad 'pb'
Jack roll				10
Draw				
1 Within ML	720	4.5	10	10
2 Resting toucher	190	0.2	4	
3 Add yard beyond jack	400	2.8	7	6
4 Draw to ditch, ML	490	2.2	6	9
Weighted deliveries				
1 Running delivery, 4m				6
2 Wrest out toucher	120	1.1	4	5
3 Trail a metre				4
4 Trail – hide it	150	1	4	3
5 Metre on / over shot	120	2.5	6	7
6 2 metres on/ over shot	100	1.8	5	6
7 Drive	450	4.3	9	9
8 Firm up shot/ swinger	100	3.6	8	8

This is a far more extensive answer about technical skill than your one of …ok.

If wanting to be elite, see the table as a tool to aim to develop as a bowler.

Thanks

Lachlan Tighe, 2018