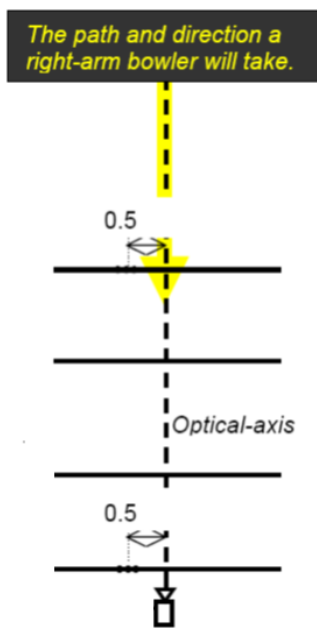


HOW TO FILM A BOWLING ACTION FOR ANALYSIS:

Make sure that the bowler fully warms up before being filmed so that they are bowling at match intensity for the video.

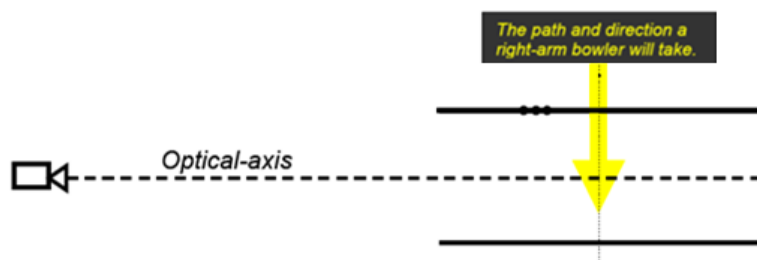
Position your front on camera 0.5m from middle stump, so that the optical axis is aligned with the target line the bowler will be aiming a stock ball. Ensure that the camera is zoomed out far enough that the bowler's first two follow through steps and ball at release are captured.



Camera position

View of ball release

Position your side on camera perpendicular to the pitch, with the optical axis centred between the back and front crease. For a right arm bowler, the camera should be on the legside (RH batsman) of the pitch. It should be positioned on the offside for a left arm bowler. Ensure that the camera is zoomed out far enough to capture 1.5m either side of the creases in the field of view.



Camera position

View of ball release