

CricTrackAI Pro - Analysis Report

Player: Rudra Balkawade
Type: Bowling
Date: 2026-10-04 13:21

84
OVERALL

Estimated Pace: 140-145 km/hr

*AI Pace Estimation is calculated via biomechanical torque and stride length, and may not precisely match professional hardware radar guns due to unknown physical variables like exact camera distance.

Performance Breakdown



What Went Well

- Elite seam presentation and stability
- High-arm release point creating steep bounce
- Powerful wrist snap at the point of release

Areas For Improvement

- Monitor mechanical load on the lower lumbar region due to the high-impact landing
- Ensure the follow-through is completed fully to dissipate deceleration forces

Coach's Detailed Analysis

- The bowler utilizes an unconventional, short run-up that effectively generates momentum through a highly explosive gather.
- Significant hyper-extension at the elbow during the delivery phase provides a unique release point that is difficult for batters to track.
- The braced front-leg landing is exceptionally firm, allowing for an efficient transfer of ground reaction forces through the torso to the ball.
- Shoulder-to-hip separation is maximized at the point of delivery, creating high rotational torque for maximum velocity.

Load / Injury Alert

High Load Alert - The unique biomechanics involving elbow hyperextension and significant lumbar flexion at release indicate high mechanical load on the spine and shoulder torque.

PRO TIP: Potential Next Step

Focus on eccentric strengthening of the posterior chain and core stability exercises to manage the high mechanical load associated with this explosive action.

Metrics Glossary

- Biomechanics: Efficiency of the kinetic chain and joint angles.
- Footwork / Run-up: Precision of stride or approach momentum.
- Balance: Stability of the center of gravity during execution.
- Weight Transfer: Momentum shift through the point of contact/release.
- Smoothness: Fluidity and lack of jerkiness in movement.



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