



- There are two broad types of set-up at back foot impact – **in posture** set-ups and **mixed** set-ups. A set-up is classed as **in posture** if there is less than 30 degrees difference between the hip and shoulder alignments when the heel of the back foot impacts with the ground. That is, the hips and shoulders are parallel to each other at back foot impact as shown for a side-on bowler in the left hand diagram.
- A **mixed set-up** is one in which there is a difference of **more than 30 degrees** between the hip and shoulder alignments when the heel of the back foot strikes the ground at back foot impact as shown in the right hand image.
- **Back foot impact** is taken as the instant that the back heel strikes the ground or in the case of bowlers who do not have a normal heel strike, the point when the back heel is closest to the ground after the back foot contacts the ground.

#### Image Notes

- This slide shows the two types of set-up at back foot impact (BFI). The images on the left show an **in posture set-up** where the hips and shoulders are parallel in a side-on alignment. The images on the right show a **mixed set-up** where there is more than 30 degrees difference between the hip and shoulder alignments at back foot impact – the hips are aligned side-on, while the shoulders are open. Note how the bowler shown in the right hand images has his back foot a long way from the non-striker's stumps and as a result does not have an effective heel strike, which compromises his stability.