

Figure 7. Images showcasing the batting backlift techniques of the control group (n = 6) over six weeks in the frontal plane













<u>Pre-match (Week 1)</u>					
					
<b>4.1 Player A1</b>	<b>4.2 Player A2</b>	<b>4.3 Player A3</b>	<b>4.4 Player A4</b>	<b>4.5 Player A5</b>	<b>4.6 Player A6</b>
<u>Post-match (Week 6)</u>					
					
<b>4.7 Player A1</b>	<b>4.8 Player A2</b>	<b>4.9 Player A3</b>	<b>4.10 Player A4</b>	<b>4.11 Player A5</b>	<b>4.12 Player A6</b>

Figure 8. Images showcasing the batting backlift techniques of the experimental group (n = 6) over six weeks in the frontal plane












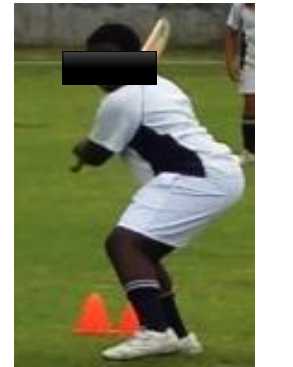
<u>Pre-match (Week 1)</u>					
					
<b>5.1 Player B1</b>	<b>5.2 Player B2</b>	<b>5.3 Player B3</b>	<b>5.4 Player B4</b>	<b>5.5 Player B5</b>	<b>5.6 Player B6</b>
<u>Post-match (Week 6)</u>					
					
<b>5.7 Player B1</b>	<b>5.8 Player B2</b>	<b>5.9 Player B3</b>	<b>5.10 Player B4</b>	<b>5.11 Player B5</b>	<b>5.12 Player B6</b>

Figure 9. Images showcasing the batting backlift techniques of the control group (n = 6) over six weeks in the transverse plane













<u>Pre-match (Week 1)</u>					
					
6.1 Player A1	6.2 Player A2	6.3 Player A3	6.4 Player A4	6.5 Player A5	6.6 Player A6
<u>Post-match (Week 6)</u>					
					
6.7 Player A1	6.8 Player A2	6.9 Player A3	6.10 Player A4	6.11 Player A5	6.12 Player A6

Figure 10. Images showcasing the batting backlift techniques of the experimental group (n = 6) over six weeks in the transverse plane

<u>Pre-match (Week 1)</u>					
					
<b>7.1 Player B1</b>	<b>7.2 Player B2</b>	<b>7.3 Player B3</b>	<b>7.4 Player B4</b>	<b>7.5 Player B5</b>	<b>7.6 Player B6</b>
<u>Post-match (Week 6)</u>					
					
<b>7.7 Player B1</b>	<b>7.8 Player B2</b>	<b>7.9 Player B3</b>	<b>7.10 Player B4</b>	<b>7.11 Player B5</b>	<b>7.12 Player B6</b>