



HOWZAT!

Fielding Practices

Name: Bowling Action

Aim:

To acquire and develop the skill of bowling by observing how the coach demonstrates bowling then trying to copy the technique.

To evaluate performance by watching how other players bowl then identifying what areas of their technique they need to improve.

Organisation:

Players bowl in pairs to one another with a tennis ball (which has a seam chalked on it - or already has a seam) from 10 to 20 meters apart depending on age. Players will initially bowl from a base position.

Technique:

Use basic grip with thumb on the seam and index and middle finger either side of the seam; Base position – back foot parallel, comfortable stride towards target; Hips and shoulders in line; Body weight forward; Hands gathered in front of face. Action: Front arm pushes out towards target; Bowling hand pushes out and down, full arm swing & shoulders rotate; Back leg steps through; Head steady.

Adaptation/Variation:

Be flexible – adapt to individual needs – front on action – side on action – midway action; Bowl underarm; Vary distance; Progress to run up and bowl.



Equipment:

Players: up to 24;

Tennis balls: - up to 12;

Cones: – up to 24;

Time: 15 - 20 mins;

Additional bowling video footage can be found on 1st for sport level 1 & level 2 cricket coaching certificate DVD also ECB CA Wings to Fly 3 “Standing up for Spin” 4 “Setting the Pace” & 5 “All for One”.