



HOWZAT!

Fielding Practices

Name: Bowling Relay

Aim:

To acquire and develop the skill of bowling under competition

To select and apply bowling skills to effectively bowl straight and efficiently between the designated cones

To evaluate how they are bowling by watching other players, listening to instruction and then applying what they have just observed.

Organisation:

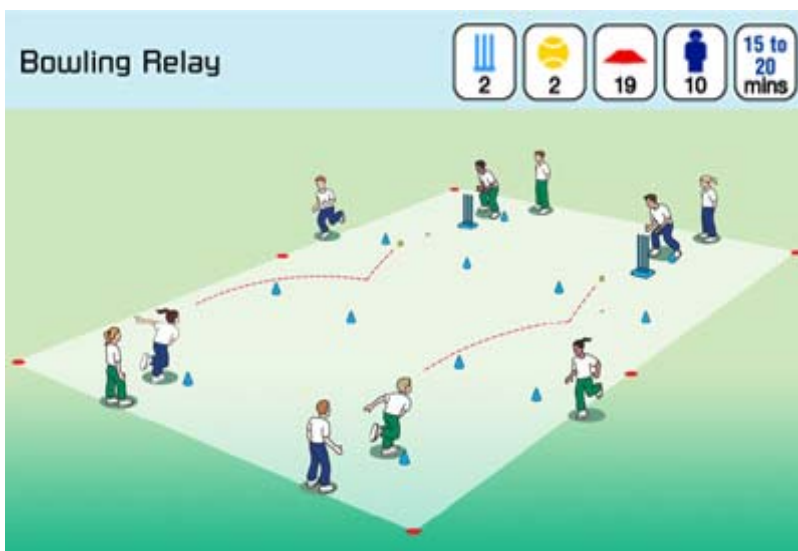
Groups of ten are divided into 2 teams of 5. Player 1 bowls down a channel between 2 sets of cones to player 2; Player 2 fields the ball then bowls back to player 3; This repeats the practice continues until all players return to their starting position.

Technique:

Keep head steady – level; Use a base position; Hips and shoulders in line throughout the delivery; Use a high front arm; Drive front arm down and through the target area; Bowling arm draws a figure 6; Ball release position is high; Full swing of the arms; Drive back leg through to complete the action.

Adaptation/Variation:

Use a run up and bound; Increase / decrease target size; Increase / decrease length; Bowl under arm.



Equipment:

Players: groups of 5;

Tennis balls: - 1 per group;

Cones: – 6 per group;

Time: 10 - 15 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”.