



HOWZAT!

Fielding Practices

Name: Run Up & Bowl

Aim:

To acquire and develop the skill of running up and bowling.

To select and apply a range of bowling skills to effectively bowl straight and consistently hit the stump.

To evaluate how they are bowling by listening to instruction, observing other participants perform and analysing their own performance to improve their technique.

Organisation:

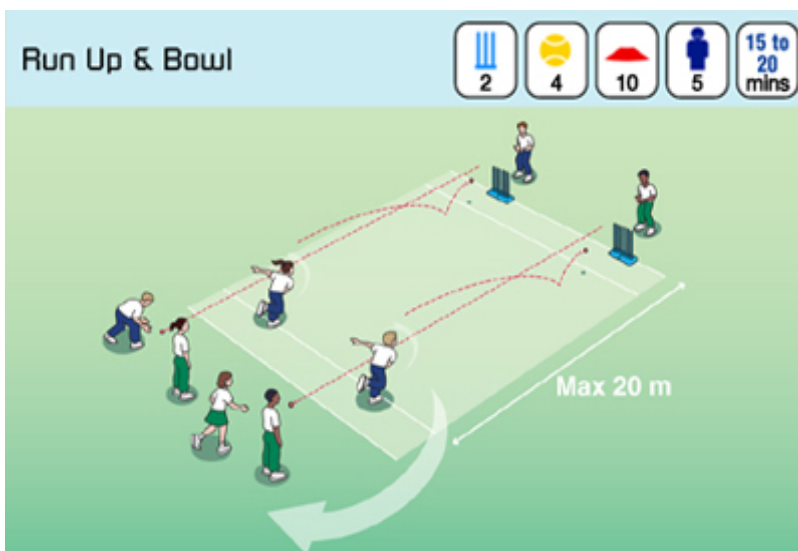
Groups of five bowl at the stumps using a run up. The coach or teacher can act as wicket keeper during the practice. Points are awarded for successful hits. A set number of repetitions or time can be allocated to decide the length of the practice. Additional cones can be laid out to establish lengths of run ups. Players can act as wicket keepers if the groups are large.

Technique:

Run up to be smooth and balanced with an even stride pattern; Run up to allow the bowler to land from the bound into a coil position (back foot contact); Momentum goes down toward the target (front foot contact) with hips and shoulders in alignment to keep the action safe; Arms swing through and legs drive through to complete the action.

Adaptation/Variation:

Start from a base position then use a one step method; Increase / decrease the target size; Increase / decrease the length of the pitch; Increase the length of run up; Add a batter.



Equipment:

Players: groups of 5;

Tennis balls: - 1 per group;

Cones: – up to 4 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”.