

Learning to train and training to train groups

Bowling – Building on the Fundamentals

Aim: To develop core bowling fitness and agility and bowling technique

Warm Up (10 min)

Dynamic Stretches

Arm circles, open and close, wrist circles, leg swings front+rear, walk on toes, hump and slump, lying twist

Pulse Raising

Squat jumps, lateral jumps, depth jumps, jog one toes, jog straight legs, short sprints-quick turns

Bowling agility and strength conditioning (20 min)

Coach explains purpose and importance of the drills for bowling

Groups of 2-4 rotate around bases, 2-3 min each base. Each base manned by a coach.

a. T press-ups

Bench press and plank progressing to T press-ups, 3 on each side.

b. Agility Ladders

Players hop on one foot into each rung turning 90° before advancing to next rung. Repeat using opposite foot. Progress to toe touch in each rung

c. Two Handed Ball Throws

Player raises medicine ball overhead with both arms and then completes two-handed overhead throw to partner. Rotate hips and flex knees to generate power. Progress to reverse two-handed overhead throw starting with ball held in both hands at ground level with bent knees throwing ball overhead at full stretch to partner.

d. Superheroes and sit ups

Players lay on stomach and raise opposite leg and arm off ground together then alternate with other arm and leg. Follow with sit ups.

Game to reinforce drills: (15 min)

Coordination and Balance Relay. Two teams. First player balances batting tee on head while walking through course consisting of agility ladder, cone slalom, hurdle, ball pick up and drop, round the stumps. After rounding the stumps player walks/runs back to team with tee still on head and hands over the batting tee to next player in line. First team to finish wins. Progress to balancing tennis ball on batting tee.

Bowling Drills (two groups)

Players bowl at stumps with wicketkeeper (coach) to allow coaches to assess technique. (5-10 min)

Discuss with players strategy for bowling accuracy – target area(s)

Players bowl aiming to make ball bounce inside hoop placed on a good length. Coach/wicketkeeper returns ball to player. One point for hitting target; team/individual with highest score after 5 min wins.

Progress to:

Target bowling and follow through (20 min)

Players in two groups one ball per group. First player bowls (seamed tennis ball) at single target stump and wicketkeeper. Bowler follows ball to swap places with wicketkeeper who returns ball to next player in line.

Coach assesses bowling run up, delivery, action and follow through.

Use cones to encourage straight run up.

Discuss importance of bowling line and length.

Progress to:

Near, Middle and Far (20 min)

Divide each group into two, one group at either end of bowling strip. Hoops or sequencing discs designate three different targets for bowling (short, ideal and full length). Receiving player behind stumps calls out "near, middle or far" as bowler runs in and bowler attempts to hit designated length (target). One point for hitting correct target. Team with most points after 5 min wins.

Coaches discusses different scenarios for bowlers – ask how bowlers might bowl to -

- Front foot playing batsman
- Off side hitting batsman
- Leg side hitting batsman
- Left handed batsman

Progress to:

Swing Bowling (use taped tennis balls for indoors or seamed hard balls for outdoors) (20 min)

Discuss types of swing bowling and under what circumstances the bowler would want to swing the ball. Grip (seam position) and actions (snap and cobra head wrist, arm "right/left round the pole" position). In two groups players bowl with upright poles placed on pitch as gates for in and out swinging balls.

Technique: Seam upright and hitting ground, body position at point of delivery, head and eyes on target, arm action, full follow through, line and length

Continuous Cricket (15-20 min)

19 yard pitch with stumps at each end.

Batsman bat in pairs.

Coach bowls underarm, with second coach keeping wicket, third coach keeps score.

Batsman can be out bowled, caught or run out. Check for running technique and calling.

Maintain safe distance for fielders.

Equipment: Windball/Incrediball, 2 sets of stumps.