

Learning to train group

Main theme: Bowling Basics

Aim: To develop basics of bowling and an understanding of the importance and use of line and length

Warm Up

(10 min)

Bowling specific warm up (Coach explains purpose and importance of the drills for bowling). All players do exercises together.

All players perform following across 20 m distance (marked by cones):

- a. Forward skips
- b. Backward skips
- c. Inside foot touch
- d. Knee across body
- e. Back leg drive
- f. Arm and shoulder stretches

Grip and stance:

Coach demonstrates the correct grip and **Base Position** for seam bowling: three knee principle. Check each player for correct grip and base position.

Target bowling (groups of 6-8/coach)

(45 min)

Every player has an incrediball. Check grip and base position is correct.

Each group has a marked out lane of 19 yards with stumps to aim at, one player acts as wicketkeeper. Players start with walking run up to allow coach to assess action. Progress to jogging and full pace run up. Coach corrects as necessary.

Line and length:

Using all weather strip ask a player to chalk out a line/area for different length balls (short, good length, overpitched and yorker), inswing bowler, outswing bowler. If using the field target zones can be marked with discs or cones.

Discuss reasons/tactics for varying line and length considering batsman's hitting style and field placement.

Progress to:

Bowling a good length: Bowlers aim at 6-9 cones marking out target area (rectangle) covering a good length in front of single stump. After each player has had several bowls introduce competition among individuals and then between lanes; first player/team to hit target cones 3/6 times is winner.

Bowling a yorker: Mark additional area with 4 cones for yorker length ball in front of stump. After every player has had several bowls introduce competition among individuals and then between lanes; first player/team to hit target cones 3/6 times is winner.

Varying bowling length: Wicketkeeper raises left or right arm to indicate bowler to bowl either full length or yorker, respectively, at start of bowlers run up. Competition between lanes with wicketkeeper keeping score.

Coach stops players when needed to make coaching points

- Get players to mark run up and stick to it.
- Look for mixed action.

Look for straight run-ups; use poles/cones to mark out running tunnel if needed.

Finish with (15 min)

Single stump competition. All players in each group get 5 min to hit a single stump as many times as possible. Player with most hits in each group enters a bowl off; each player gets six balls to hit stump – prize for winner!

Continuous Cricket (1 or 2 areas depending on numbers) (20 min)

19 yard pitch with stumps at each end.

Batting team bat in pairs for 2 overs.

Fielders rotate around field to bowl at least one over per innings each (2 each if time permits)

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

Maintain safe distance for fielders.

Equipment: Incrediball, 2 sets of stumps.