

Learning to train and Training to train groups

Main theme: Bowling – Line and Length

Aim: To improve bowling consistency and accuracy and to introduce swing bowling

Warm Up (15 min)

Rectangle jogs, splits, knees up etc.

Static stretches for bowling

Bowling warm up: (10 min)

Each player bowls 4-5 balls each. Coach observes for coaching points

Coaching points:

- Run up in straight line,
- Remaining upright,
- Head in line with target
- Hips and shoulder in line
- Three knees action,
- Side on or sideways action,
- Straight follow through

If required introduce cones and poles to mark out run up channel with chalk line. – Progress by reducing width

Target bowling: (30 min)

Length:

Players bowl to hit target zone (red cones) at full length.

Players bowl to hit target zone (blue cones) at fuller length

Players bowl to hit target zone (yellow cones) at yorker length

Progress: Coach calls target zone for bowler to aim at prior to run up. Gives 2 points for hitting target

Line:

Use target mats for bowlers to identify ideal line to bowl –ask why?

Coach scores each bowler for accuracy, 2 points for hitting target

Competition:

Bowlers have six balls to hitting the target areas (2 points) called by coach and stumps (3 points)

Progress to hitting one stump (6 points)

Swing bowling

(30 min)

In pairs players bowl incrediball with arm and wrist only to partner using grip for out-swing . Support elbow with non-bowling hand to encourage upright and stiff wrist.

Progress to bowling at 19 yards distance with taped tennis ball to bowl out-swing

Introduce target zone with poles: one outside off stump short of length and second just in front of off stump.

Progress by reducing size of gate. Give points for accuracy and bowling through target.

Game for all players:**Continuous Cricket**

(20-30 min)

21 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.