



**Cricket**  
development  
programme



# **CRICKET DEVELOPMENT PROGRAMME LEVEL 1**

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## Bowling Skills

The following pages are colour coded so you can see the drills and games which focus on the skills below

-  Grip - Seam
-  Grip - Leg Spin
-  Grip - Off Spin
-  Front arm + Follow through
-  Take off and run up

# BOWLING SKILLS



## BOWLING BASICS

Grip - Seam

Grip - Leg Spin

Grip - Off Spin

Front arm & Follow through

Take off and run up



## (1) Grip - Seam

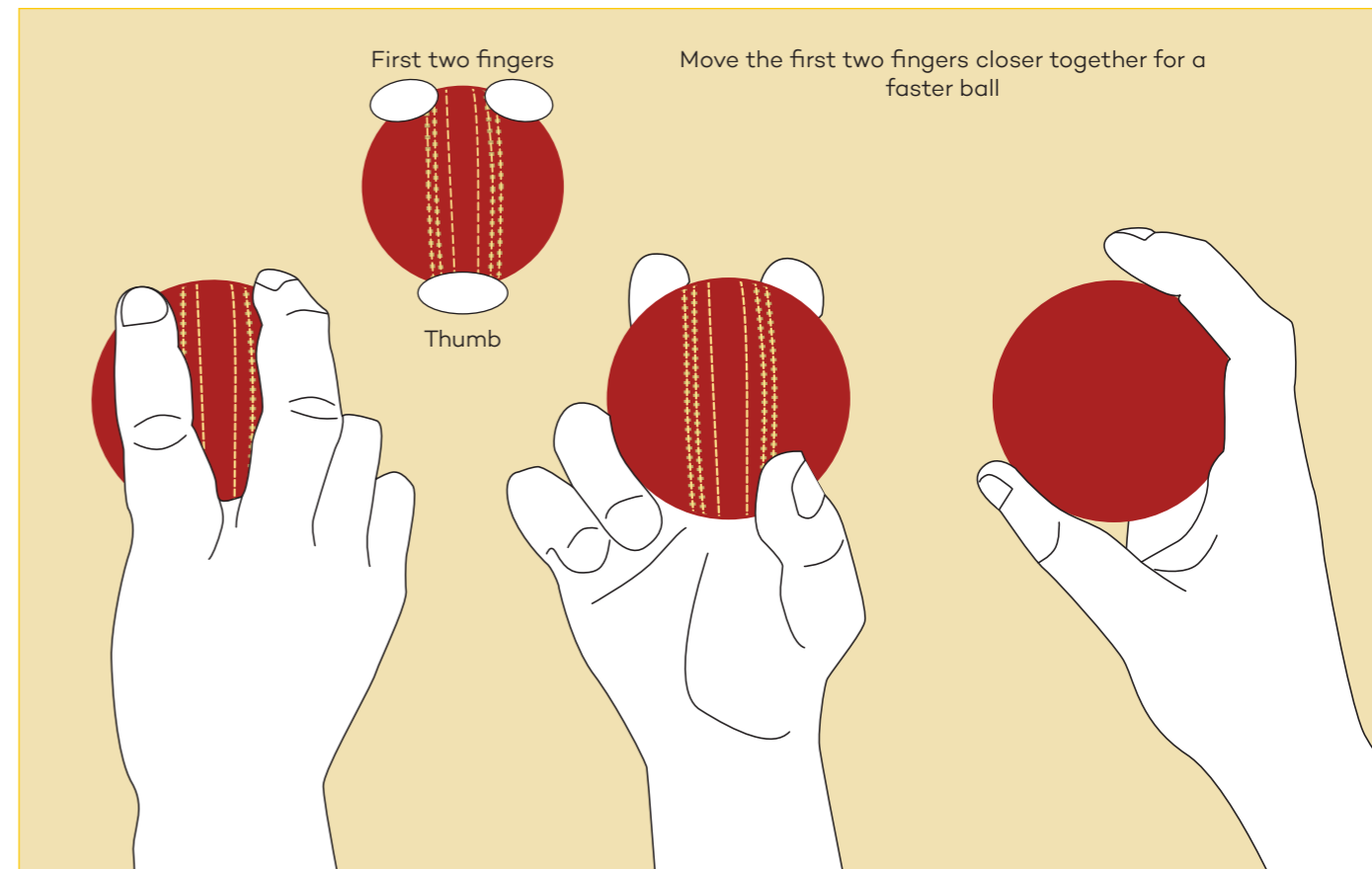
**Description:**

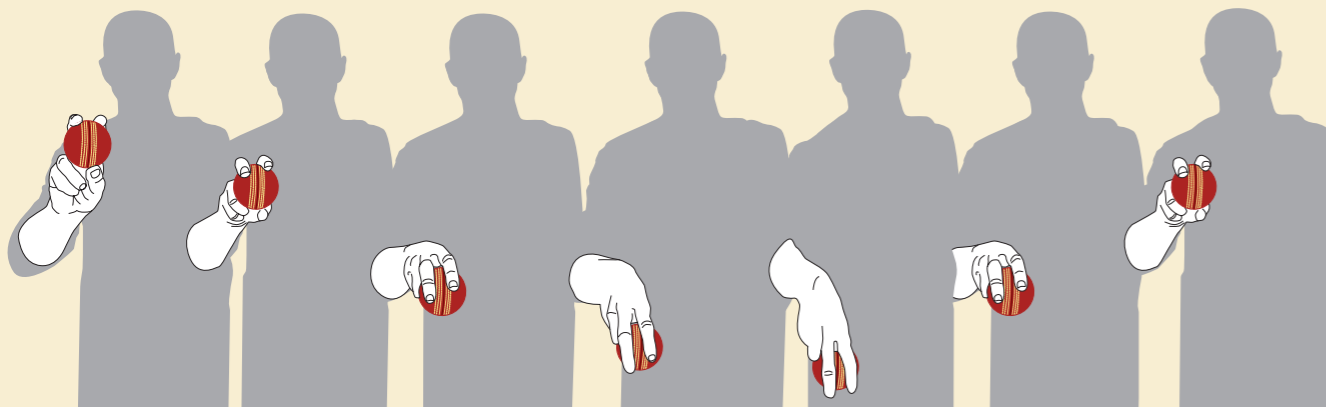
We are going to learn how to hold the ball correctly to be able to control the swing and get more accuracy.

**Drills:**

Flicking the ball in hand (seam)

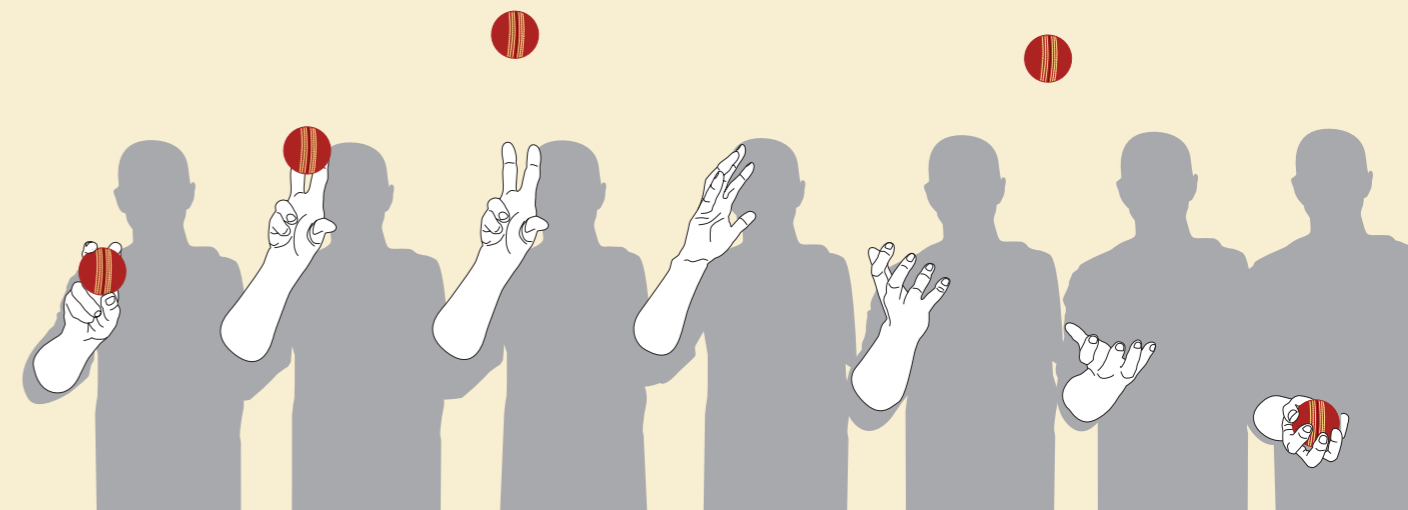
Wrist control, in pairs, practice throwing the ball to one another - start with the ball at your ear



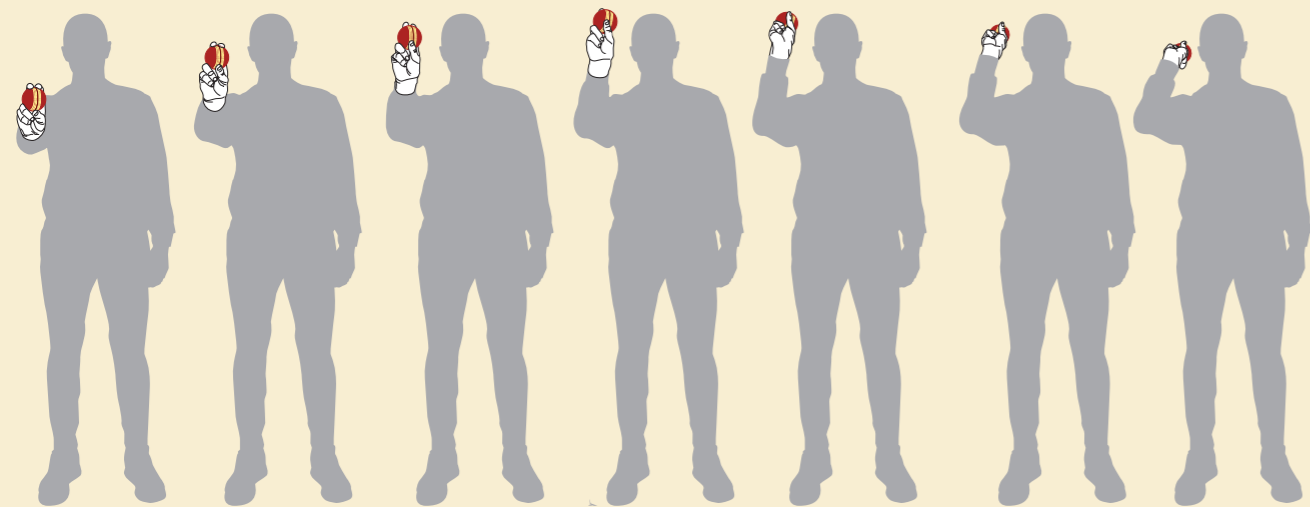


### Flicking the ball in hand (seam)

For this drill ideally, everyone should have their own ball with a seam if you don't have enough balls then put the players into groups. The players should take it in turns to flick the ball in the air as seen above

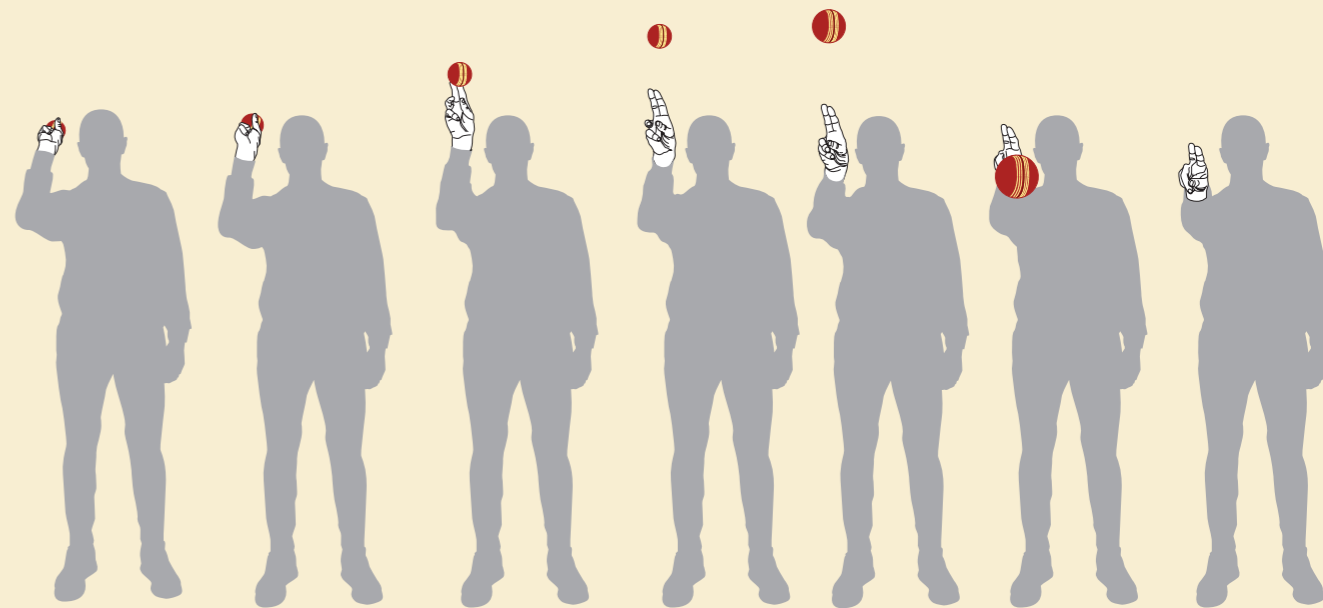


The aim of the drill is to get the seam as straight as possible when it is in the air.



**Wrist control, in pairs, practice throwing the ball to one another - start with the ball at your ear**

Split the group into pairs standing opposite one another, start at 5m and increase the distance as they improve. One player should have a ball in their bowling hand and bring the ball alongside their ear then extend their arm towards their partner releasing the ball as shown above.



The player should then try and release the ball towards their partner with the seam as straight as possible.



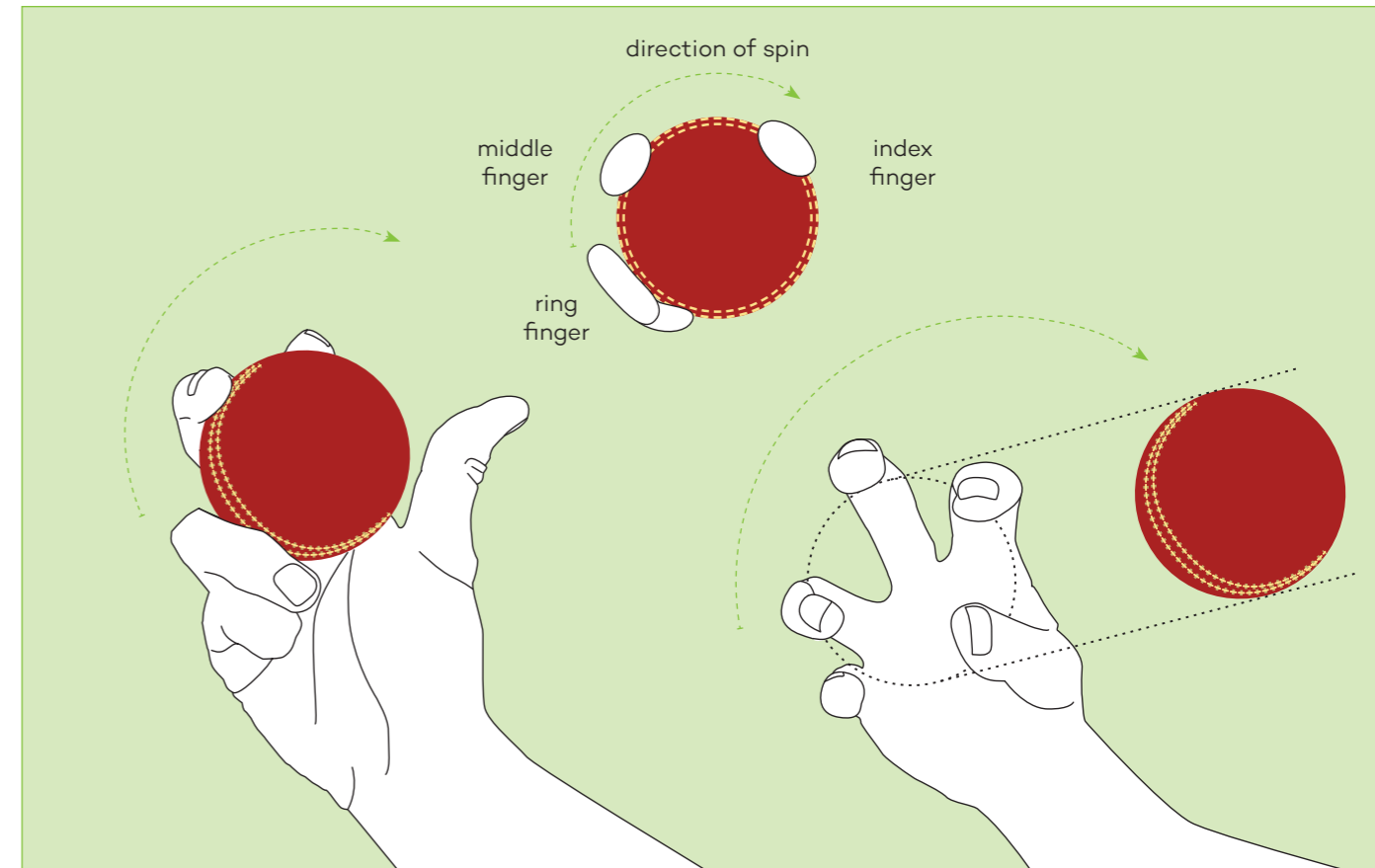
## (2) Grip - Leg Spin

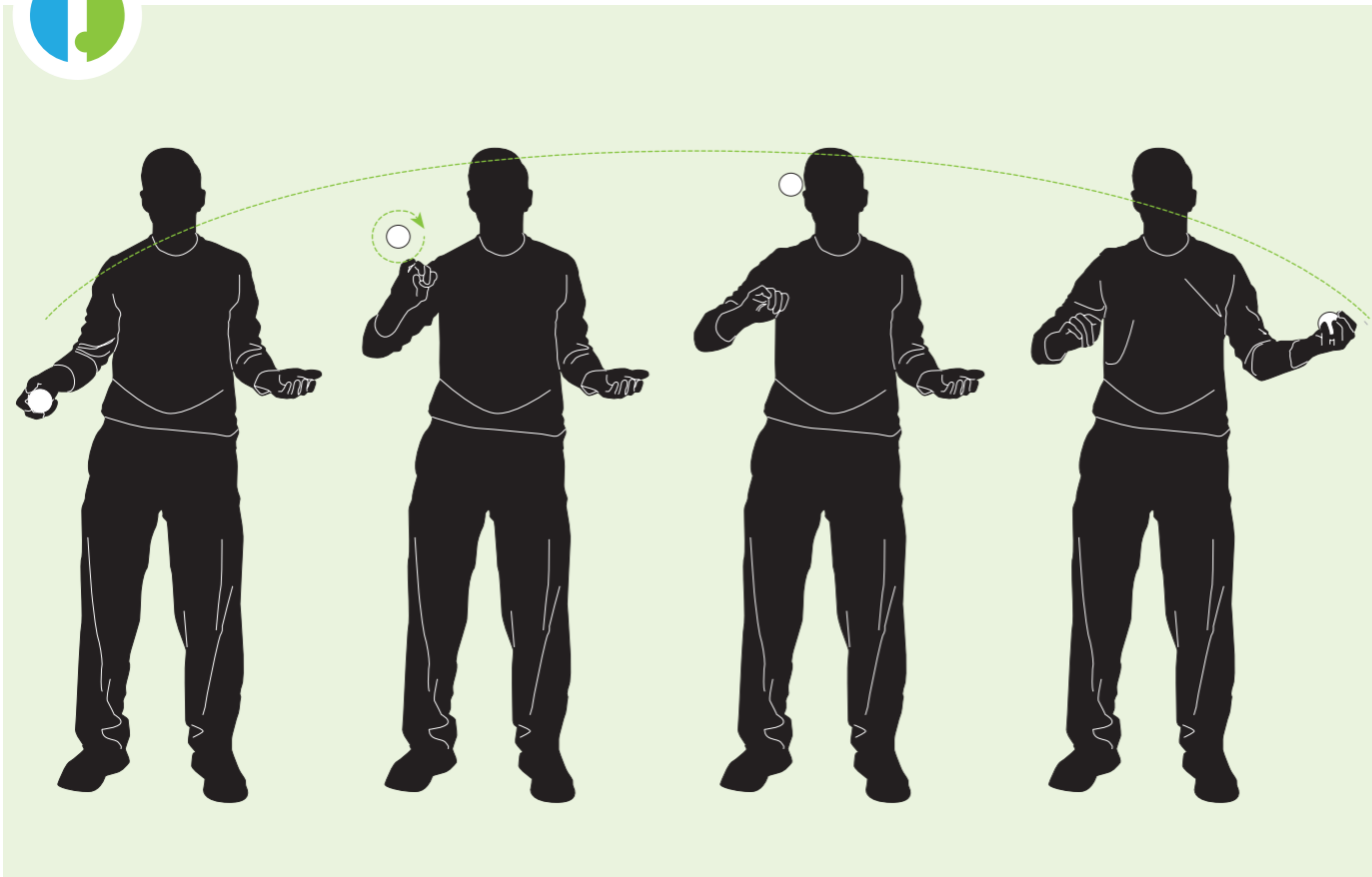
### Description:

We are going to learn how to hold the ball to spin the ball consistently from right to left also known as wrist spin or leg spin.

### Drills:

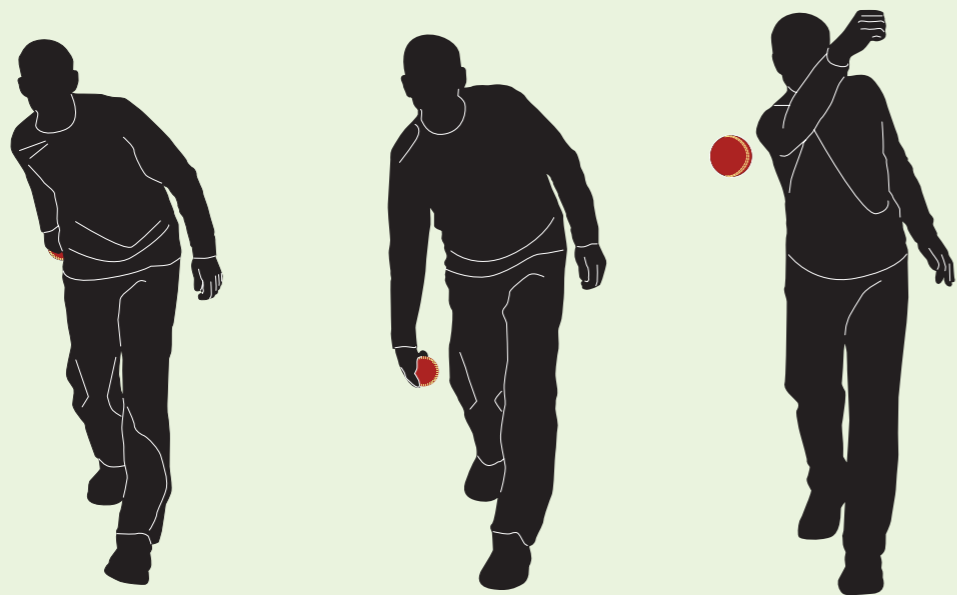
- Flicking the ball in hand (leg spin)
- Maximum spin (leg spin)



**Flicking the ball in hand (leg spin)**

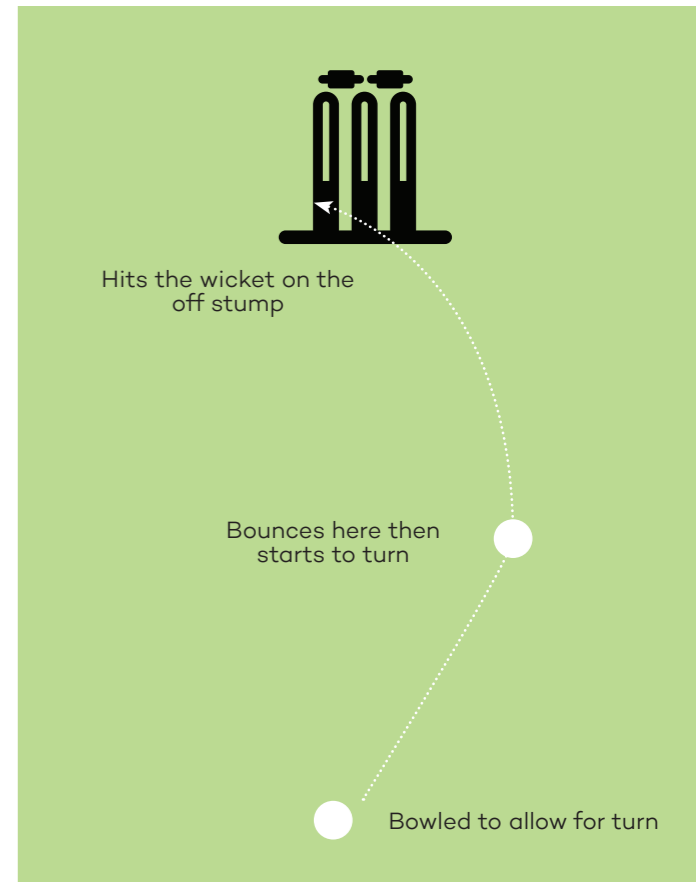
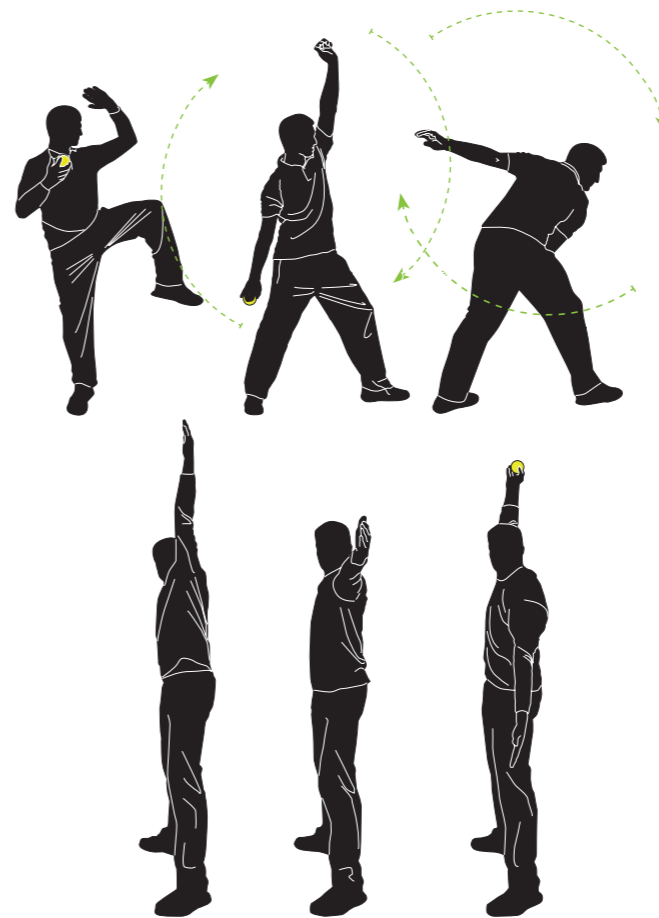
Give all the players a ball and ask them to find a space where they can swing their arms safely. The image on page 119 gives a guide of how to hold the ball to bowl leg spin. Holding the ball in their bowling hand the players should rotate their wrist anti clockwise making the ball spin from right to left and try and catch it in their other hand as seen opposite.





**Maximum spin (leg spin)**

For this drill the players can either split up into pairs or practice this skill into a wall/net. To best practice spinning the ball players should try to underarm the ball and spin the ball from right to left as shown in the image above. When they feel like they are doing this well they should get side on (like the position right) and try and bowl overarm whilst using that same wrist rotation to spin the ball.





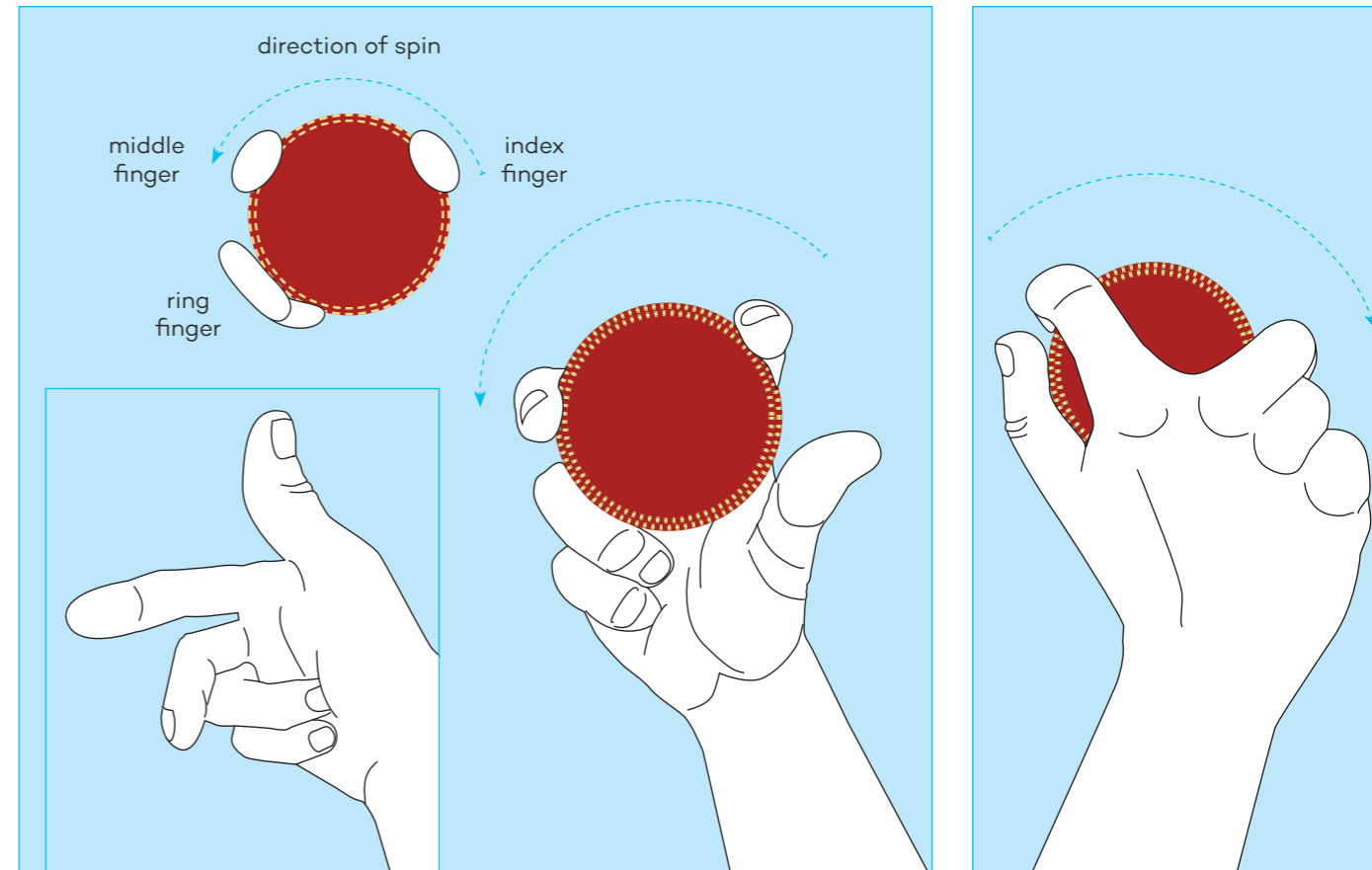
### (3) Grip - Off Spin

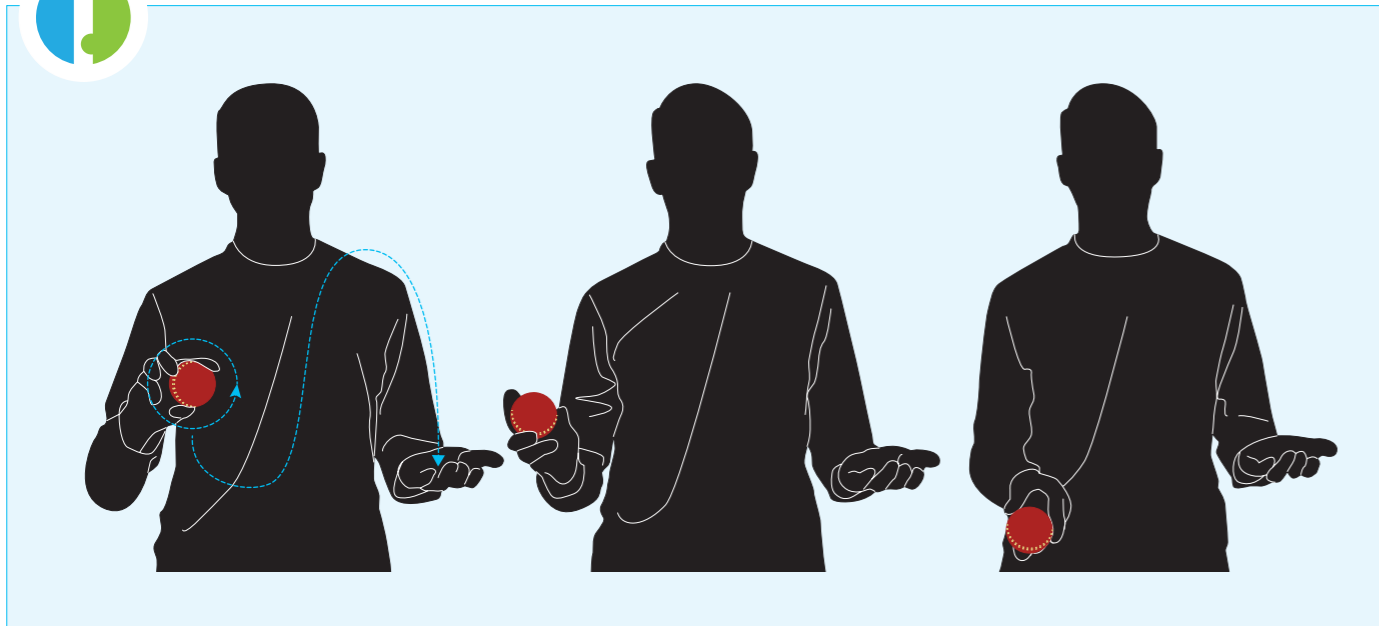
**Description:**

These drills are all about learning the feeling of bowling off spin. Also known as finger spin, this is because we focus on using our index finger to spin the ball.

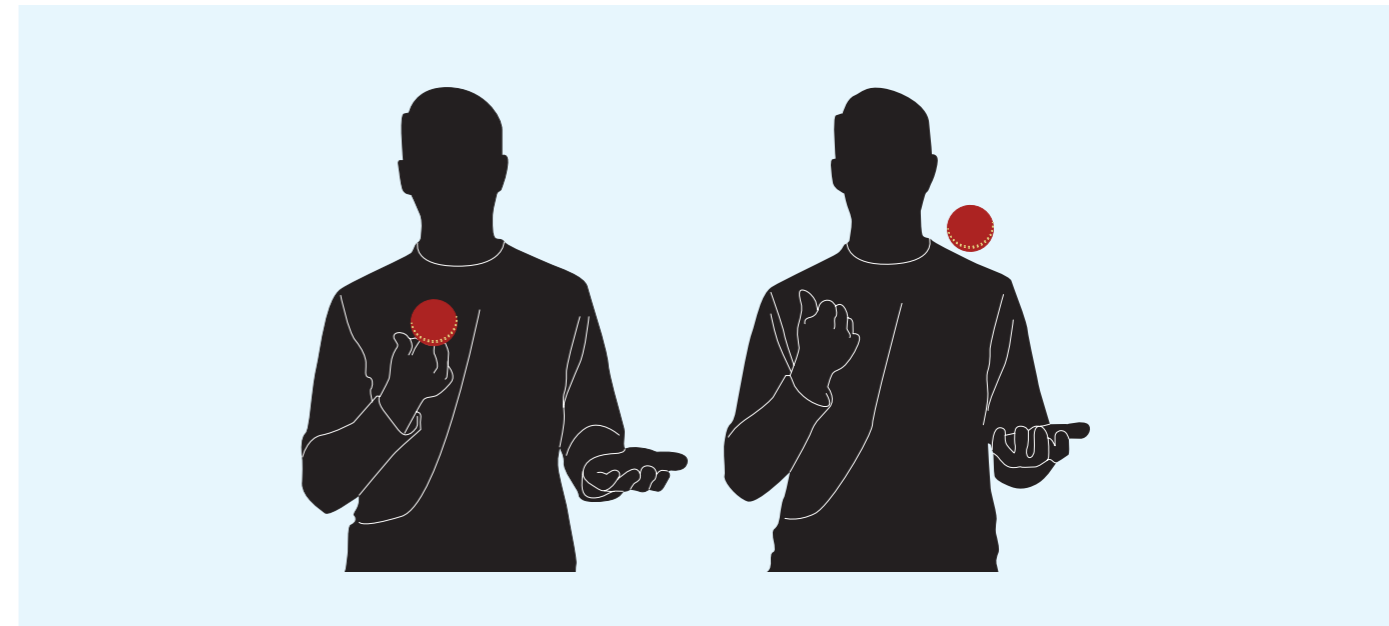
**Drills:**

- Flicking the ball in hand (off spin)
- Maximum spin (off spin)

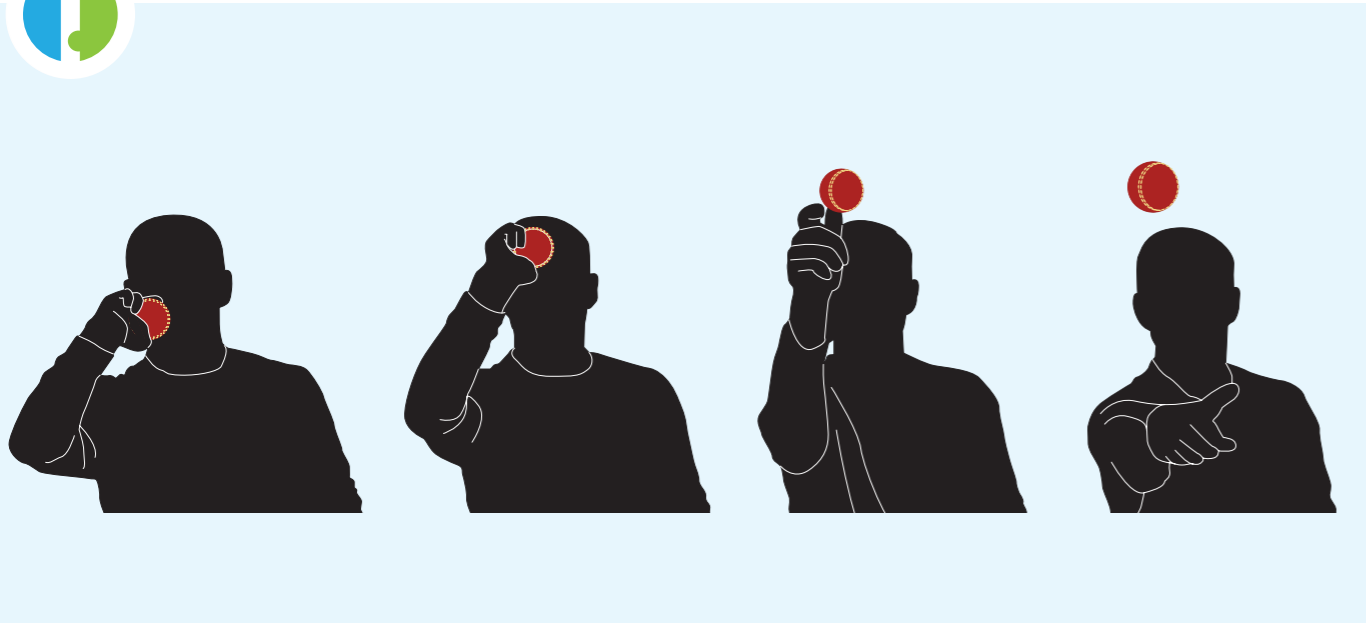


**Flicking the ball in hand (off spin)**

Using the grip from page 125, get the players to play around with flicking the ball from hand to hand as show in the image above. The players should be focusing on rotating their hand clockwise to try and spin the ball from left to right. This can either be done as an under arm or overarm movement, whichever the player finds easiest.



For off spin the first finger is the finger that should be creating the spin.

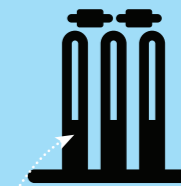
**Maximum spin (off spin)**

This is a great drill to get the feeling of releasing an “off spinner”. Split the players into pairs so that they are facing each other with a few meters in-between. The players should start in the position shown above with their bowling hand in front of their chest.

Spin bowling is such a difficult skill to learn. It's important to remember that this is not the only way players can try and spin the ball.

If your players are finding off or leg spin difficult then allow them to practice their own grip and experiment with ways to spin the ball.

As long as they are using a straight arm when they bowl your players may find a unique way to spin the ball.



Hits the wicket on the off stump

Bounces here then starts to turn

Bowled to allow for turn



## (4) Front arm & Follow through

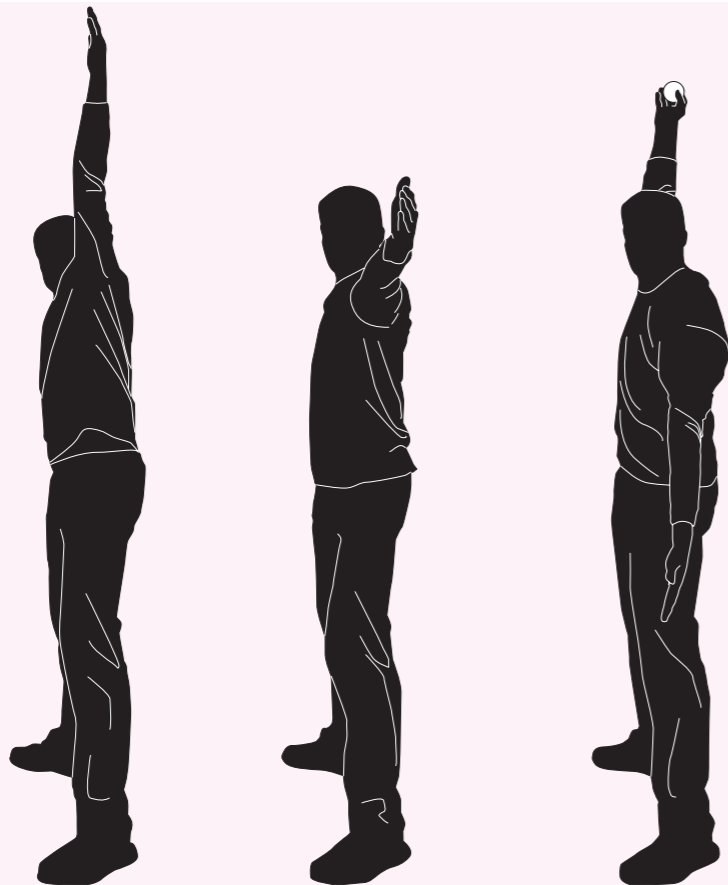
### Description:

We should use our front arm more when bowling to give us more stability and accuracy. When following through we want the rotation of our shoulders to be completed. The arms follow through across the body and the back leg drives forward with the eyes fixed on the target. The more momentum we can get going towards the target the better chance of accuracy we have.

### Drills:

- See-saw both arms
- Full action line drill
- Line drill by wall
- Cones for follow through

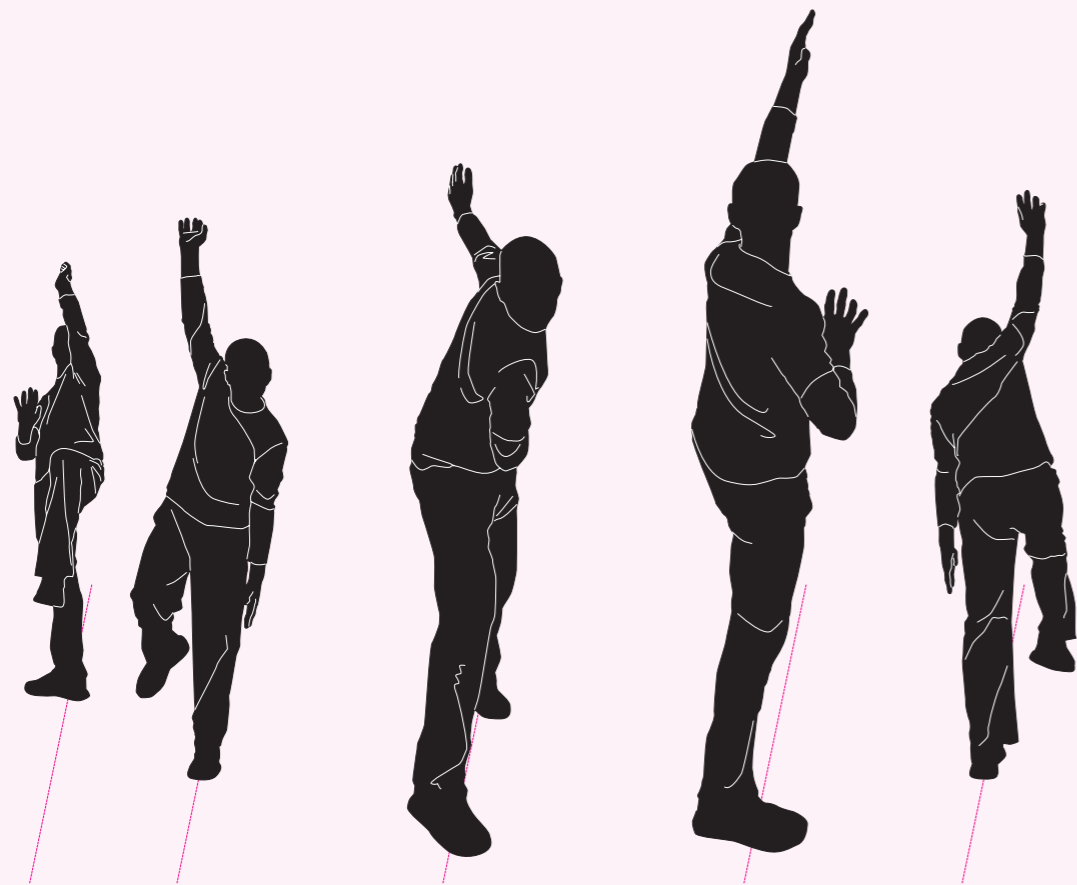


**See-saw both arms**

For this drill make sure that players have enough space around them so they won't hit anyone. The players should start in the position seen on the opposite page, facing side on looking over their non-dominant shoulder with the ball in their dominant hand.

Without releasing the ball, the players should move their arms like a seesaw, when the bowling arm goes towards the sky the non-bowling arm goes to the ground.

When the players feel comfortable with this movement, they can try to release the ball towards a net/wall or a partner opposite if it's safe to do so

**Full action line drill**

For this drill you want an area with lines on the floor, if not you can use two cones and ask the players to visualise a line between the two. The players should line up with their back foot on the line and the non-dominant leg in the air as shown on the opposite page.

This drill is the same as the see-saw drill except this time as the arms start to move the player should move their non-dominant leg towards the ground. As the players bowling hand (the hand with the ball in it) gets to the highest point the players back leg should drive forward towards the target and land on the line in front of the player.

The players should be able to turn their head, lift their non-dominant leg and arm up and repeat in the opposite direction.

**Line drill by wall**

See the description on page 135. For this drill ask the players to stand next to a wall and repeat. This is to keep the players staying tall in their action.

This is a skill which often takes a few sessions before it becomes smooth. Ask the players to practice this movement at home and in their own time.

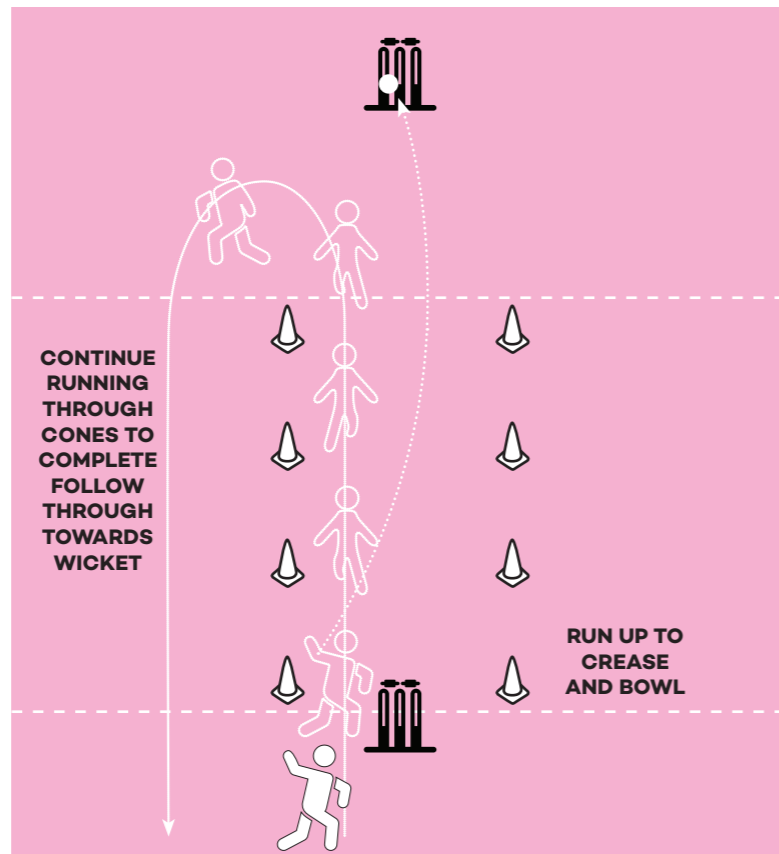




### **Cones for follow through**

Now that the players are able to complete the full action ask them to bowl towards a target (from a stationary position) with some cones creating a pathway to the wickets.

The emphasis on this drill is to get the children taking their energy towards the target. Don't worry too much about outcome on this drill as the focus is on them having fun but KINGnforcing the need for them to keep their energy going towards where they want to bowl the ball.



Before progressing to the next stage make sure that the players are happy and comfortable with their action from a stationary position.

A good indicator for this would be to ask them to bowl 6 balls at the stumps from the appropriate distance for their age (see page 194). Place two cones 1m either side of the stumps as a bigger target for them to bowl between.

If the players can bowl 4 out of 6 accurately then they can move onto the run up.



## (5) Take off and run up

**Description:**

To create a smooth run up that is repeatable with as much energy as possible going towards the target.

**Drills:**

Stay tall

3 cone take off drill

a) Take off

b) Stepping into take off

c) Walk through

Follow through cones



**Stay tall**

For this drill set up some wickets for the players to bowl at. As the coach you are looking at their head position when running up and bowling. The players should be trying to stay as tall as possible throughout their action.

An easy way to visualise this is to imagine a string goes from the players head to an object above the wickets.

For a coach to help the players stand tall they can get them into this position before they bowl and stand next to them as shown in the image, left.

**a) Take off**

For the first stage of the take-off the players should stand with their non-dominant foot behind a hurdle or a stack of cones and lift their dominant leg up.

In this position the players should jump over the cone/hurdle and land on their dominant leg ready to bowl as seen in the diagram left



b) Stepping into take off



c) Walk through



**b) Stepping into take off**

The second stage is linking the take off with the step before. Add another cone to the drill as shown on previous page

This time the player should stand behind the additional cone with their dominant foot in front of their non-dominant. When they step forward onto their non-dominant leg, they are ready to take off as practiced in the first stage.

**c) Walk through**

For the final stage we add one more cone and ask the players to get used to the steps before the take off. For right-handed bowlers they should think right, left, right, take-off and for the left-handed bowlers the opposite.

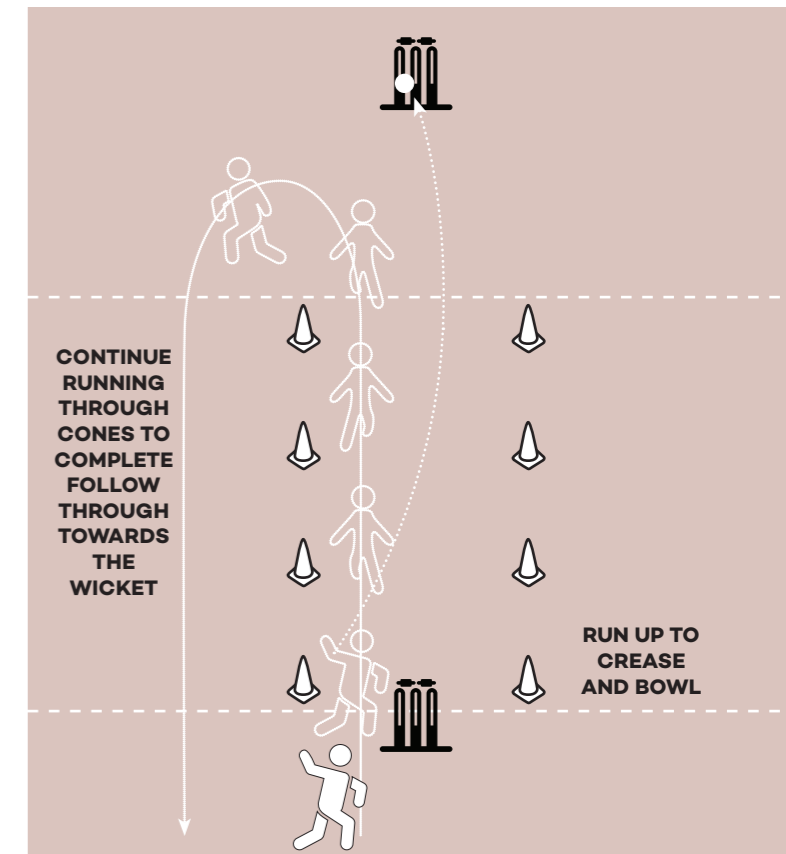
b) Using the skills learnt in the stages ask they players to walk through this movement getting used to the feeling. When they can repeat these movements, they are ready to progress to a run

When the players are ready to run through this movement keep the cones there as a reference. The more confident the players get the more cones you can take away.

**Follow through cones**

Keep the cones from “3 cone take-off drill” on page 145 but add cones going towards the wicket as shown in the image on this page.

When young players are focusing on their take-off they often forget to follow through towards the wickets, this drill is to bring the whole action together.





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