

Bowling Skills

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General issues for seam and spin

The approach/run in, try to stay:

- Smooth
 - Balanced
 - Economical
 - Rhythmical
 - Consistent
- stay relaxed and try not to tense up.

Angle of run up

- Quicks/mediums- straight but angles and positions within the crease are can be used to effect.
- Spinners (personal choice and style but body pivot and position need to be considered)

Tactics and plans

- Warm ups
- Direction- where to bowl?
- Ball care
- Build an over
- Field settings

Junior FAQ's

He throws but cannot get the concept of bowling, what do I do?

The bowler skips twice before release?

The bowler bowls 4 good balls and 2 "4" balls an over, why?

Styles



Not so perfect - quick but injured



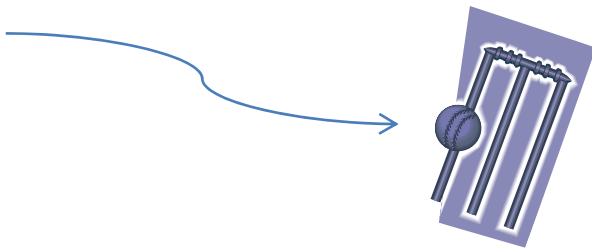
Perfect but unusual and real quick , not injured.
160.58 km/h – 180 KPH
anecdotal



San Cincinnati Reds,
Chapman 105 MPH
(168KPH)

Direction

- Front on
- Side on
- Mixed
- All angles



Forces at work

- The faster the bowler runs into the wicket, the greater their physical conditioning needs to be to withstand the ground reaction forces (GRFs), in particular at front foot contact. This can be anywhere between five to ten times the body weight (BW) of the bowler for each delivery.





- Spondylolysis is an overuse injury that effects the hard tissue of the lower spine, specifically the lumbar. As seen in this picture, there is a fracture in the bone of the lumbar, thus meaning that it is a hard tissue injury.

Action - aspects to monitor

- Aim to keep your head as steady and level as possible, looking towards your target.
- Pull your front arm down and through the target area, making sure you complete the delivery with a full follow through.
- Front arm is important as it generates shoulder rotation that allows for a more symmetrical action and places less stress on the bowling arm.



Keep it basic and simple



1 thing to work on – good
2 things to work on – OK
3 things to work on – hard
4 things to work on – you
have to be kidding. My brain
hurts.....

Seamers

- Run up – what is natural???
 - straighter lines are better
 - Closed eyes run up as a guide particularly for 13 year olds bowling off 18 metre run ups
 - Measure from where to where?
 - Repeatable

Seamers action

- Try to keep everything in the same direction, towards your target, keep your hips and shoulders parallel/in-line, and follow through the delivery in the direction where you intend the ball to go.



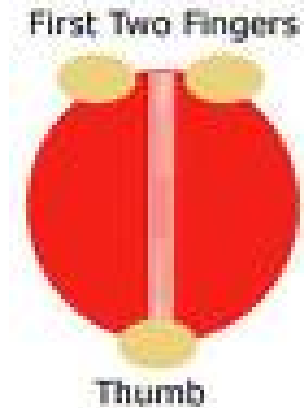
Action issues

- Fault detection and tips to fix
 - Skippers
 - Poor angles
 - Laser lines
 - Head positioning
 - Run up
 - **Workloads**



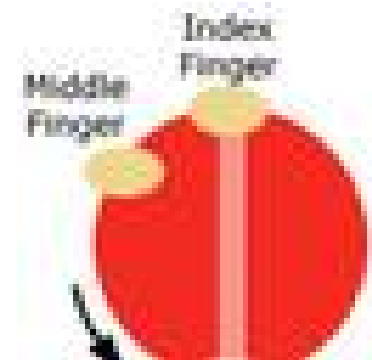
Grips and outcomes - Seamers

- Basic Grip



- Variations

- **For an off cutter,** a right-handed bowler pulls his fingers down the right side of the ball (from his viewpoint), in an action similar to bowling an off break, only at higher speed. This changes the axis of spin to make it more like an off break, which makes the ball deviate to the right when it bounces on the pitch.



Grips Seamers

The leg-cutter grip-with the seam vertical, the middle finger is placed along the seam with the index finger about two centimetres away from the seam. And the ball rests between the thumb and the third finger. At the point of releasing the ball the **index** and the **middle finger** act upon the side of the ball so that the **thumb** passes round under the ball, generating spin on the cricket ball.



Slower Balls – much trial and error before ever using in a game, many variations.....

Swing

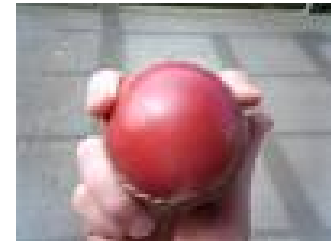
- There are two stock deliveries of the swing bowler which pertain to the grip and the raised seam of the ball:
- Out-swinger - To achieve an out-swinger, the bowler must hold the ball with the rough side placed on the left and grip it with a vertical seam and the first two fingers on either side of it. During the delivery, the bowler then angles the seam slightly left. The result is that the ball swings towards the off-side and away from the right-handed batsman (hence the alternative term 'away swinger'). **New Balls will swing.**
- In-swinger - Again a vertical seam is necessary but the first two fingers must be across the seam angling slightly towards the right (the leg side to a right-handed batsman). The seam must then be angled towards the right before release, giving the ball a chance to move into the right-handed batsman (towards the leg-



Many variables may or may not affect swing outcome. Weather, ball condition, seam height and of course grip and action.

Off Spin

With the traditional off-spin delivery, spin is mainly imparted with the first finger dragging down and across the seam (creating off-spin).



Many other variations e.g. Funky Miller, Bruce Yardley (spinning off the third finger) what works works.....



Off spin action

- It is still very important for offies to have smooth actions.
- Shorter front foot stride at release means greater body height and rotation – therefore allowing more side spin rather than the fingers doing all the work
- Front arm strength and reach and pivot so as to drive through the crease with energy





Leg Spin

- **Leg break:** The leg break delivery is where the ball spins away from the leg side. This is the stock delivery of the leg spinner, hence the name. To bowl a leg break, the ball should be placed in the palm of the hands or in the fingers. The seam should run across the fingers. When bowling the ball, the wrist should roll over so the ball is released from the front of the hand. When rolling the wrists, the fingers should roll across the ball as well, providing extra spin for the ball to turn once it pitches.



Grips??



- *If there is one factor in spin bowling which all spinners should accept if they wish to perform to their optimum, it is the concept that the ball should be spun hard. Not rolled, not gently turned, but flicked, ripped, fizzed.*



Leg Spin

- To bowl a **googly or wrong un**, instead of releasing the ball from the front of the hand, the ball is released from the back of the hand. The spin applied to the ball is clockwise, instead of the standard leg break delivery which has anti-clockwise spin.
- **Top Spinner** - The wrist should face out towards the offside. This wrist position means that the fingers and wrist impart over-spin or top spin on the ball, instead of leg spin. The ball then loops up, then dips down shorter than what a normal delivery would, with a higher bounce. The ball goes straight on towards the batsmen, instead of turning.

Leg Spin

- Encourage young bowlers as this is the hardest aspect of cricket.
- Do not expect accuracy, wickets or economy early. Just keep them bowling as much as possible. Think about fields for the leggie. Encourage most work to be done on the stock ball the leg spinner and not hard variations etc “Zooter”



Variations



The Flipper

“The toughest delivery of them all” –SK Warne

The ball is "squeezed" between the thumb and fingers in such a way that it spins backwards and skids on low and fast with under-spin after hitting the pitch.



The Wrong Un

The hand is rotated/twisted anti-clockwise so that as the arm comes over at it's vertical position so that the back of the hand is facing the batsman. Additionally in order to allow the ball to come off the 3rd finger with the flick of the wrist the shoulder is dropped lower.

Difficult to master quickly for most. More degrees off the vertical release makes this wrist position easier but with less spin.