
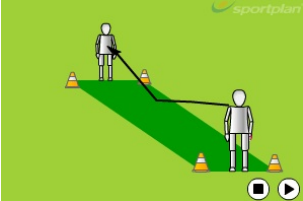
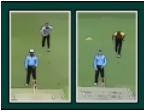


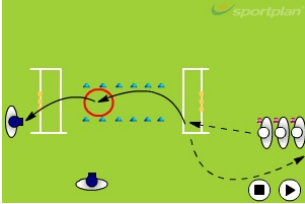
Title: **Bowling 101**

Date: 09/09/2014	Venue:	Duration:	No of Players:	Ability / Level:	Equipment:
Session Goals: basic bowling skills				Personal Coaching Goals:	

Time	Task / Activity / Session Content	Coaching Points
	<p>Fast Bowlers Grip</p> <p>The index and middle fingers are placed either side of the seam with the thumb gripping the bottom of the ball. The index and middle finger joints wrap around the ball to keep the ball away from the palm. On release ensure that the seam is kept vertical and that the hand stays behind the ball to create backspin.</p> 	<ul style="list-style-type: none"> Ensure that the seam remains upright.
	<p>Partner Bowling</p> <p>Organise the group into pairs and set up the activity as shown in the diagram. Ball is bowled to partner from the coil position. Partner catches the ball and bowls it back. The ball must bounce before reaching the partner.</p> 	<p>emphasize on looking over the shoulder and position of left arm being crossed and twisting of the torso to generate pace when throwing. no need for a run up for this drill</p>
	<p>Run Up Stride</p> <p>Recommend all coaches to watch this video clip For our drill, ask each kid to run up 3 - 5 strides only and do a dummy bowling. focus on starting of the run up, using a marker and then landing leg at the time of delivery. recommend using odd number of strides right hand bowler should start running with left leg and left leg should be in front when delivering the ball.</p> 	<p>if necessary break up the stride working backwards from the final action to the point they are comfortable to take run up.</p>

Hitting a Target

The practice should be setup as shown. Have one player as a wicket keeper and another as fielder.
The bowlers take it in turns to bowl, with the fielder calling if the ball was a good line (pitched in the cones) or a good length (pitched level with the red hoop).
If the ball pitches in the hoop then the ball is both a good line and length.



Focus on the target - the more focused the bowler is, the more likely they are to hit the target.

Other Comments:

Evaluation: