

Title: **Different Bowling Grip**

Date: <b>11/09/2014</b>	Venue:	Duration:	No of Players:	Ability / Level:
Equipment:			Purpose:	

Time	Task / Activity / Session Content
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### Leg Spin - Grip

#### Description

A leg spin bowler spins the ball from a right handed batsmans leg stump towards their off stump. The bowler grips the ball with the top joint of the index and middle fingers lying on the seam and the third finger bent along it.

As the bowlers arm moves forward the fingers are straightened and the wrist is flicked forwards, with the palm finishing facing downwards. The 3rd finger is the one that imparts most of the spin.

On release of the ball the bowler completes a full swing of the arm, driving through to the opposite hip. Its important to pivot on the ball of the front foot and make the back knee drive through the ball.

#### Coaching Points

- Ensure the head remains stationary during the delivery and that the eyes remain focused on the target.
- A leg spinners run is considerably shorter than a quick bowlers although like a fast bowler the approach needs to be smooth and accelerating to the wicket.



### Inswing Bowling Grip (Right Arm)

#### Description

A right-arm bowler bowling to a right handed batsman will move the ball into them. The index and second finger should be placed either side of the the seam. The flat side of the thumb should be placed on the underneath of the ball. Ensure that the balls seam remains vertical and is angled towards the leg side.

#### Coaching Points

- The ball release should come from the middle finger before pulling down on the seam to ensure the seam stays vertical.
- For a right handed batsman ensure that the shiny side of the ball is on the off side.



## Off Spin - Grip

### Description

The off spin moves the ball from a right handed batsmans off stump towards their leg stump. The spin is generated from the index finger, this causes the ball to alter its direction and bounce through.

The ball is held by the joints of the index and middle fingers which are spread along the seam. The spin is then generated by turning the wrist in a anti-clockwise direction.

### Coaching Points

- Light pressure should be applied to the ball with the thumb.
- When the ball is released the back of the hand should face mid-wicket.
- Try to spin the ball as hard as possible the control of the ball will come with more practice.
- The action of the wrist is similar to opening a door.

