



NCB Coaching Day – Bowling – 18th June 09



Drills and Techniques

Main Objectives

- Use of equipment to encourage bowling straight
- Simple ideas for best results
- Building up any action by 'chaining'
- Differences in spin to pace coaching

Things to Remember

- Like all coaching, working in straight lines works. Reference to separate parts of the body and breaking down the action allows the player to focus on smaller areas and get the 'feel' of how each part works and interacts with the rest.
- Run ups should be the last thing to coach. It is the one thing that can mess up the rest if not in control. Run ups should be smooth, rhythmical and economical. Fast and out of control run ups normally lead to out of control deliveries.
- Mixed Actions. Fast bowling mixed actions are easy to spot if you follow a simple method. Watch the bowler bowl, studying his feet only. Then stand in that position. Get the bowler to bowl again, this time looking at the arms in the delivery stride. Now stand in this position. Are the shoulders and hips in alignment? It is easier for the bowler to adjust his arms as he/she can see these. If you are not sure, get help from a senior coach.
- Chaining the action allows the player to 'feel' how each part of the action happens and get the 'shape' to complete, without a previous movement upsetting the next shape. Working forwards and backwards depends on the importance of the next and previous section of the action.
- Cones and a length of string/flat cord are great items for the coach to assist in showing a visual straight line.
- Start with younger players with a basic action and build up. This will give them early success, which is important for their confidence.
- Front arms dictate length, line and pace.
- Head position throughout the action controls line.
- We all talk about 'line and length'. Explain the meaning of this.

Fun Ways to Assess Success

- Sin Bin. a) Knock out. Bowlers bowl at the stumps one after the other. Two cones mark an outer limit that the player must get the ball through to go into the next round. If the miss they go into the 'Sin Bin' (others chant). Once all those are through the round, the cones are moved in. This continues until the last player is left in. b) Teams. Players are put into World Cup teams of equal numbers. Cones mark scoring zones on either side of the stumps. Hit the stumps for 6 runs. Inner cones 4 and outer cones 1 run. Timed game with the team scoring most runs wins.



- 'Hawk-Eye'. Bowlers bowl the ball at the stumps with no batsman. Each ball is marked with a coloured cone. A different colour can be used for each bowler on the same pitch. Explain how the batsman might play each ball and which ones are difficult to play and hence could be called a good length. Remove the 'bad balls' and leave the good ones. Now the player has an understanding of where to land the ball, try again and land more balls in the 'bowlers zone'. This can also be turned into a points scoring game.
- Pointing Test. Get the player to stand side on and point with the front arm at the target. Then, keeping the arm still, take the head and rest the ear on the leading shoulder. See where they are now pointing. The brain still thinks the target is through the end of the aiming front arm but they will find that they are now pointing way down the leg side. Heads will always go to one side, but must come back to eyes level to re focus on the target.

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