



Developing Strong Standards
For Successful Marist Cricketers

Player Manual

Part 1



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- Bowling Basics



Foreword

Dear Marist Cricketer

Welcome and congratulations on your decision to register with the Marist College Canberra Cricket Winter Program.

We hope you enjoy the experience and learn heaps. We all do look forward to working with you in developing your cricket skills to a higher level.

The development of this Winter Program is a joint initiative of the Marist College Canberra Cricket Club and qualified teachers and coaches of the Marist College.

We believe it is an important initiative that will have a positive impact on the personal development of each player and will provide in the growth of a positive Marist College Canberra Cricket culture.

This MCC Workbook has identified key strategies, concepts and drills to improve your batting, bowling, fielding, wicket keeping, fitness, captaincy, games sense and cricket psych skills.

They are true and tested methods of past & current first class cricketers who have either played for Australia, England or New Zealand. Some of these methods were designed by me and other significant High Performance Coaches including the Marist Coaches.

We hope you are able to understand and utilise these strategies to improve your game.

Good Luck and let's begin the journey.

Head Coach

Gary Goodman



Acknowledgements

In establishing our first Marist College Canberra Training program it is important we acknowledge the support of the following people and various parties:

- The Marist Cricket Club, President and Committee members
- Coaches - Gary Goodman (Level 3 – Master Cricket Coach), Brett Freebody
- Guest Coaches and presenters
- Marist Parents
- Material and Resources developed by Cricket Australia, Australian Sports Commission, State Cricket Associations, Australian Coaching Council, Commonwealth Bank and Graeme Winter.

Aims of the Program

- To provide an enjoyable cricket experience for all participants
- To develop a winning team spirit throughout the senior squad
- To promote the importance of a correct technique for all aspects of your game
- To develop and improve your basic cricket technique to a high level
- To develop and improve your basic cricket psych-skills to a high level
- To identify specific areas that you can improve on
- To provide you with a series of specific drills that will encourage you to train independently (by yourself)
- To encourage you to reach your maximum potential over time
- To provide video assessment of your batting, bowling, fielding and wicket keeping technique that you can use as a reference point
- To encourage you to play the 'Marist Way'

The Program

MARIST COLLEGE CRICKET - STANDARDS FOR SUCCESS

Session	Date	Time Juniors	Time Seniors	Content	Venue
1	Sunday August 9	10 – 12	10 – 12	See program	Marist junior / senior Nets
2	Sunday August 16	10 – 12	10 – 12	See program	Marist junior / senior Nets
3	Sunday Aug 23	10 – 12	10 – 12	See program	Marist junior / senior Nets
4	Sunday Aug 30	10 – 12	10 – 12	See program	Marist junior / senior Nets

4 WEEK PROGRAM - CONTENT

DATE	U10-U11	U12-U13	U14-U15
9 AUG			
SESSION 1	BAT 1	BOWL 1	FIELD 1
SESSION 2	BOWL 1	FIELD 1	BAT 1
SESSION 3	FIELD 1	BAT 1	BOWL 1
SESSION 4	GAME 1	GAME 2	GAME 3
16 AUG			
SESSION 1	BAT 2	BOWL 2	FIELD 2
SESSION 2	BOWL 2	FIELD 2	BAT 2
SESSION 3	FIELD 2	BAT 2	BOWL 2
SESSION 4	GAME 4	GAME 1	GAME 2
23 AUG			
SESSION 1	FIELD 3	BAT 3	BOWL 3
SESSION 2	BAT 3	BOWL 3	FIELD 3
SESSION 3	BOWL 3	FIELD 3	BAT 3
SESSION 4	GAME 3	GAME 4	GAME 1
30 AUG			
SESSION 1	FIELD 4	BAT 4	BOWL 4
SESSION 2	BAT 4	BOWL 4	FIELD 4
SESSION 3	BOWL 4	FIELD 4	BAT 4
SESSION 4	GAME 2	GAME 3	GAME 4



SKILL	CONTENT
BAT 1	Grip, stance, forward defence, running between wickets
BAT 2	Front foot shots – cover, on drives
BAT 3	Back foot shots – cut, pull, hook shots
BAT 4	Quick feet – attacking spinners, medium pace
BOWL 1	Basic bowling action – balance, head, feet position, body action, run up
BOWL 2	Medium pace – grip, wrist action, body action, feet position, swing
BOWL 3	Spinners – grip, feet position, rhythm, wrist position, body action,
BOWL 4	Target bowling, use of crease, game sense
FIELD 1	Basic skills – tracking the ball, 2 hands, 1 hand, catch and pick up
FIELD 2	Close to wicket catching drills / cradles / tennis racquets
FIELD 3	Mid field catching / ground fielding drills
FIELD 4	Outfield catching / ground fielding drills
GAME 1	End ball / Bombs away – 10 mins each activity
GAME 2	Catching / fielding soccer – 10 mins each activity
GAME 3	Indoor cricket played on tennis court – 2 teams of 6-8 – 20-30 mins
GAME 4	End ball using cricket bats and softballs / game of softball using a tennis racquet and tennis ball – 20-30 mins

Skills to Develop

Player Standards and Expectations

- **Be on time**
- **Cricket gear, clothing and footwear in good order**
- **Enthusiastic and committed presence**
- **A good listener who puts into practice the skills demonstrated**
- **Focussed on the task and wanting to learn**
- **Complete the challenge to the best of your ability**
- **Attempt to be a 'multi dimensional' athlete**
- **Look to adapt to new methods – ideas**
- **“Know YOUR Game”**
- **Develop power and timing**
- **Be as “HARD as NAILS” – Mentally tough**
- **Able to CONTROL EMOTIONS**
- **Develop a strong throwing arm**
- **Respect your team mate – understand your team mate**
- **BE WELL PREPARED – HAVE CLEAR GOALS – ATTEND TO DETAIL**
- **Working towards an above average fitness level**
- **LOOK TO IMPROVE ON YOUR SKILL LEVEL AND PERFORMANCE LEVEL EVERY SESSION AND MATCH**

What are the QUALITIES of a good team member?

- **Enthusiastic and positive attitude**
- **Enjoys a challenge**
- **Always looking to improve on technique, presentation, commitment**
- **Maximises time**
- **Sets the example**
- **Works on the little things**
- **Positive talker**
- **Encourages and supports**
- **Puts team first**
- **Makes sacrifices in order to progress the team**
- **Makes an effort to enjoy team mates company**
- **Honest, caring, self confident**
- **Knows personal strengths and weaknesses**
- **Organised and able to prioritise to help the team**
- **Doesn't look for excuses**
- **Committed to team goals**
- **Mentally tough**

HOMEWORK FOR THE SEASON

Enclosed is your Personal **Oz PRO Sports SUCCESS SCORECARD SYSTEM**. Complete it at the end of every game and you will be surprised how focussed you will be in achieving your goals. Good luck.

OTHER STRATEGIES TO CONCENTRATE ON DURING THE SEASON

1. Set a specific time each week to practice and a specific length of time to practice – no more than 2hrs
2. Keep your equipment clean, tidy and in good order
3. Look to do 'alternative training / cross training' eg. Table tennis, tennis, badminton, squash, swimming
4. **SKIP 200; CATCH 200; HIT 200; BOWL 200; SIT UPS 200; PUSH UPS 200; THROW 200**

Net Practice – BATTING

1. Warm-up properly – stretch, get eye in with 'bat on' ball drills
2. Always imagine that you are playing under match conditions.
3. Aim to hit at least 200 balls per session
4. Your Goal is not to get out in the batting session. (If you don't get out – you have scored a century; out once - 50 runs; out twice - 25 runs; out 3 times – 0 runs)
5. Play straight initially and WATCH THE BALL.
6. If the batting session is 12 to 15mins break it into 4 to 5 min efforts – 1st gear defence 2nd gear stroke play; 3rd gear attacking every ball.
7. IMAGINE field settings by the bowler
8. Keep a mental tally of your score
9. Be assertive and one ball at a time
10. Bat in pairs occasionally and run between the wickets – to get to know your team mates

Net Practice – BOWLING

1. You are bowling to take wickets / wickets / wickets even at net practice
2. Target for 5 wickets per bowling session
3. Don't stop at 5 wickets – push on and beyond
4. Attempt to bowl at least 8 -10 overs every night (48 - 60 deliveries) – maybe in 4-5 over spells
5. Use targets to bowl at in your warm up routines
6. Be competitive and aggressive
7. Let the batsmen know your field settings
8. Let the batsmen know that you have dismissed him
9. Appeal and practice it
10. Bowl to a 'plan' each session
11. Bowl in 3 ball overs = 2 lots of 3 balls eg. 2 outswingers then an inswinger
12. Experiment – wide of the crease; close to the wickets; variations in grip and delivery stride

“At all times – SPORTSMANSHIP”





PLAYER REPORT CARD

Name: Age:

Clinic: Coach: Date:

		BATTING	
RH	LH	TOP ORDER	MIDDLE ORDER

Item	Fair 1 - 4	Good 5 - 8	Excellent 9 -10	Key Points	Things you do well	Things to work on
<u>Technique</u>						
Attitude						
Concentration				<ol style="list-style-type: none"> 1. Watches ball from bowlers hand 2. Consistent mental plan 3. Relaxed – NOW technique 		
Set Up				<ol style="list-style-type: none"> 1. Relaxed 2. ready to play 		
Grip				<ol style="list-style-type: none"> 1. Hands together 2. top hand knuckles pointing to cover 3. middle of bat 4. high on bat 5. V's of both hands form line down back of bat 		
Stance				<ol style="list-style-type: none"> 1. Eyes level 2. Head still 3. feet shoulder width apart side on 4. knees flexed 5. weight on balls of feet 		
Back lift				<ol style="list-style-type: none"> 1. Stump height 2. back to 1st slip 3. back lift co-ordinated with bowlers stride release 4. hands in close to body 5. wrists cocked at top of back lift 6. figure 9 is present 		
Balance				<ol style="list-style-type: none"> 1. Head still 2. eyes level 3. body side on 4. footwork – angles and placement 		
Judging length				<ol style="list-style-type: none"> 1. Concentrates on the bowler and his arm 2. Fine focus on release point of ball 3. tracks the ball 4. initiates correct movement – forward or back & across 		
Timing / footwork				<ol style="list-style-type: none"> 1. Angle of bat meeting ball good 2. Dynamic footwork 		
<u>Front Foot Shots</u>						
Forward defence				<ol style="list-style-type: none"> 1. Watches the ball – head still 2. transfers weight & steps towards line of ball 3. soft hands 4. full face of bat 		
Front foot drives				<ol style="list-style-type: none"> 1. Understands extension of front foot defence 2. Plays to full pitch of ball 3. accelerates down swing 4. follows through 5. hands forward 6. head over the ball 		

Item	Fair 1 - 4	Good 5 - 8	Excellent 9 -10	Key Points	Things you do well	Things to work on
Straight – On drive				1. Bat vertical		
Cover drive				2. Bat vertical		
Moving out to drive				3. Good foot work 4. Slides behind 5. Slides beside		
<u>Back Foot Shots</u>						
Back defence				1. Back foot back – across to off stump 2. front foot back and in line with body 3. body side on 4. plays bat straight down in line with ball 5. front elbow high 6. top hand firm 7. bottom hand relaxed		
Back foot leg glance				1. assumes same position as back defence 2. hits ball with full face of bat 3. turns wrists after contact – not before		
Back foot drive				1. stabilises back foot – parallel or 45° & back & across 2. keeps arms in close to body 3. hands high 4. head steady – eyes level & in line with ball 5. front elbow high at point of contact 6. full swing of bat		
Cut shot				1. Bat horizontal 2. moves back & across to off stump 3. head in line with ball 4. extended arms at contact 5. arms high & momentum forward		
Hook shot				1. Bat horizontal 2. solid feet position 3. steps inside line of ball 4. hands high 5. strokes down on ball 6. extends arms at contact 7. roll wrists		
Pull shot				1. Bat horizontal 2. solid feet back-across 3. hands high 4. strokes down on ball 5. extends arms at contact 6. rotates shoulders		
<u>Batting Strategies</u>						
Running between wickets				1. Understands calls required to run positively 2. Understands how to run between wickets		
Judgement				Understands how to judge a run correctly		
Backing Up				Understands this important strategy		
Bat slide				Understands this important strategy		

Additional Comments:



PLAYER REPORT CARD

Name: Age:

Clinic: Coach: Date:

BOWLING

RH LH FAST MEDIUMPACE SWING OFF SPIN LEG SPIN

Item	Fair 3 - 4	Good 5 - 6	Excellent 9 - 10	Key Points	Things you do well	Things to work on
<i>Technique</i>						
Concentration				<ol style="list-style-type: none"> 1. Consistent 2. Focuses on the line and length to bowl 		
Alignment				<ol style="list-style-type: none"> 1. Keeps the arms in close to the body during run-up 2. Posture good – hips and shoulders are in same plane at back foot landing 3. Balance with head high and steady & eyes level throughout 		
Power				<ol style="list-style-type: none"> 1. Accelerates gradually in the run up – 1st to 2nd to 3rd to 4th gears 2. Jumps into the delivery stride 3. Pulls front arm down the target line and elbow close to the body 4. Rotates arms and shoulders as vertically as possible towards target 		
Grip				<ol style="list-style-type: none"> 1. 2 fingers on seam – thumb underneath – 3rd finger on side of ball 2. Firm grip & solid 		
Wrist position				<ol style="list-style-type: none"> 1. Upright at release 2. Straight at release 		
Ball seam				<ol style="list-style-type: none"> 1. Upright & rotating evenly 2. Irregular – all over the place 		
Approach / Run up				<ol style="list-style-type: none"> 1. Smooth 2. rhythmic 3. stutters / skips 4. long 5. short 		
Delivery action				<ol style="list-style-type: none"> 1. Side on 2. chest on 3. mixed 		
Head position				<ol style="list-style-type: none"> 1. Behind arm 2. through arm 3. in front of arm 4. not level during run up or delivery stride 5. not still during run up or delivery stride 		
Back Foot				<ol style="list-style-type: none"> 1. Parallel to crease 2. 45* to crease 3. straight at batsman 4. good jump into position 		

Item	Fair 1 - 4	Good 5 - 8	Excellent 9 -10	Key Points	Things you do well	Things to work on
Front foot				<ol style="list-style-type: none"> good leg lift points to cover splayed to slips braced front leg (good) bent front leg (bad) 		
Front arm				<ol style="list-style-type: none"> High – reaches for sky (good) Starts at head level Pulls down beside hip little use splayed on delivery 		
Bowling arm				<ol style="list-style-type: none"> Upright – touches ear (good) round arm /¾ arm –ok varies (bad) 		
Follow through				<ol style="list-style-type: none"> Extensive – good limited 		
Front shoulder				<ol style="list-style-type: none"> points to batter drops on delivery 		
Bowling Line				Skills test =		
Bowling length				Skills test =		
Bowling variation				Understands how to use crease Understands how to use change of pace Understands how to vary flight		
<i>Can bowl</i>						
Outswing				<ol style="list-style-type: none"> Release point good - Seam upright good rotation big swing 		
Inswing				<ol style="list-style-type: none"> Release point good - Seam upright good rotation big swing 		
Bouncer				<ol style="list-style-type: none"> Accuracy good Accuracy requires work 		
Yorker				<ol style="list-style-type: none"> Accuracy good Accuracy requires work 		
Leg cutter				Fingers rip / good grip		
Off cutter				Fingers rip / good grip		
Off spin				Big spin / med spin / little spin		
Arm ball				Big / med / little		
Leg spin				Big spin / med spin / little spin		
Top spinner				Big spin / med spin / little spin		
Wrong 'un				Big spin / med spin / little spin		
Flipper				Yes / no / work on at later stage in growth		

Additional Comments:



PLAYER REPORT CARD

Name: Age:

Clinic: Coach: Date:

FIELDING

RH LH

Item	Fair 1 - 4	Good 5 - 8	Excellent 9 -10	Key Points	Things you do well	Things to work on
<u>Technique</u>						
Ground fielding				<ol style="list-style-type: none"> Maintains low body weight bends knees watches ball into hands communicates with team-mates returns to keeper on full 		
Grip				<ol style="list-style-type: none"> Grips across seam when throwing wrist loose for overarm throws wrist firm for underarm throws 		
Moving to the ball				<ol style="list-style-type: none"> Attacks the ball soft hands flat throw to keeper 		
Attacking fielding				<ol style="list-style-type: none"> Back foot is at right angles to line of ball low body weight flex knees head in line watches ball into hands elbows as shock absorbers picks up ball with 2 hands returns on full to w/keeper 		
Defensive fielding				<ol style="list-style-type: none"> Body is on right side as 2nd line of defence always early to the ball Bends hips and knees as low as practicable keeps eyes on ball hands give with ball 		
<u>Catching</u>						
Outfield				<ol style="list-style-type: none"> Moves quickly to the line of the ball hand position high and comfortable watches ball into hands elbows as shock absorbers 		
Midfield				<ol style="list-style-type: none"> Moves quickly to the line of the ball hand position high and comfortable watches ball into hands elbows as shock absorbers 		
Close to wicket Slips Bat pad				<ol style="list-style-type: none"> Hand position good balanced feet and knees movement to ball dynamic concentration consistent focussed 		

Item	Fair 1 - 4	Good 5 - 8	Excellent 9 -10	Key Points	Things you do well	Things to work on
Throwing						
Under arm throwing				<ol style="list-style-type: none"> 1. Stays front on when picking up ball 2. Fingers pointing down 3. Throwing arm straight back and straight through target 4. Arm close to body 5. Maintains low body crouch/legs bent/balanced 		
Throwing arm				<ol style="list-style-type: none"> 1. High & extended (good) 2. little use 3. splayed on delivery 4. arm rotation good 5. accuracy 		
Wrist				arm extension good		
Shoulder				shoulder rotation good		
Hips				hip rotation good		
Legs				leg direction in line with target good		
Wicket Keeping						
Crouch				<ol style="list-style-type: none"> 1. Feet shoulder width apart 2. Weight balanced on balls of feet 		
Glove-work				<ol style="list-style-type: none"> 1. Cupped gloves rise with ball 2. Gloves slightly out in front of eyes 3. Fingers point at ground, sky or sideways rather than straight at ball 		
Positioning				<ol style="list-style-type: none"> 1. Has clear view of bowler in delivery 2. Takes ball at hip height when standing back Position to spinners is 5cms outside off stump and 2 'foot lengths' back 		
Footwork				<ol style="list-style-type: none"> 1. When standing back positions feet to take the ball in line with inside hip 2. Maintains bent knees through sideways movement 3. Keeps head over when standing back 		
Concentration				<ol style="list-style-type: none"> 1. Focuses when the ball is live, relaxes when it is dead 2. Recovers from error by positive thinking and involvement 3. Leads by example in the field 		

Additional Comments:

**OZPRO CRICKET ACADEMY - SUCCESS SCORECARD SYSTEM
BATTING**

NAME:
GOALS:
BATTING -



HOW OUT

RUNS

GAME	OPPONENT	RUNS 1ST INN	RUNS 2ND INN	LBW	CAUGHT	BOWLED	RUN OUT	BALLS FACED	ACTUAL RUNS	TARGET TOTAL
1										50
2										100
3										150
4										200
5										250
6										300
7										350
8										400
9										450
10										500
12										550
TOTALS		0	0	0	0	0	0	0	0	600

**OZPRO CRICKET ACADEMY - SUCCESS SCORECARD SYSTEM
BOWLING**

NAME:
GOALS:
BOWLING -



HOW OUT

WICKETS

GAME	OPPONENT	WKTS 1ST INN	WKTS 2ND INN	LBW	CAUGHT	BOWLED	BALLS BLD	ACTUAL WKTS	STRIKE RATE	TARGET TOTAL
1										3
2										6
3										9
4										12
5										15
6										18
7										21
8										24
9										27
10										30
12										33
TOTALS		0	0	0	0	0	0	0	0	36

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BATTING



The prime responsibility of every batter is to become a consistent and rapid run-getter for the team. The essence of such consistency is good concentration backed up by a sound technique. By good concentration we mean the ability to

fully focus on every ball in an innings from the bowler's hand onto the bat face. By sound technique, we mean co-ordinating the body and bat to maximise the chances of downward contact with good timing.

KEY POINTS

- **CONCENTRATION:** maintaining a fine focus on every ball from the bowler's hand on to the face of the bat
- **BALANCE:** hitting off a stable base by adjusting body weight to the length of the ball, and positioning the head in line with the ball
- **TECHNIQUE:** aligning body levers; keeping hands in close to the body and allowing the front elbow to push through in the direction of the shots

Concentration

Concentration when batting means focusing on the ball and ignoring all other distractions. Greg Chappell recognises two levels of concentration.

The first he refers to as **“awareness”**: the state of observation between deliveries where the batter notices such

aspects as the game situation, events occurring in the field or movement outside the boundary.

The second level he refers to is the more intense concentration, or **“fierce concentration”**: here the batter mentally gears up as the bowler moves in. The peak of concentration occurs through the delivery stride and the execution of the shot.

Chappell’s focus was like a large television screen that gradually became smaller as the bowler delivered the ball. Players will benefit from Drills which help them to focus on the ball up until the time it hits the bat.

KEY POINTS

- Watch the ball from the bowler’s hand
- Consistent mental plan
- Relax, fine focus, NOW technique

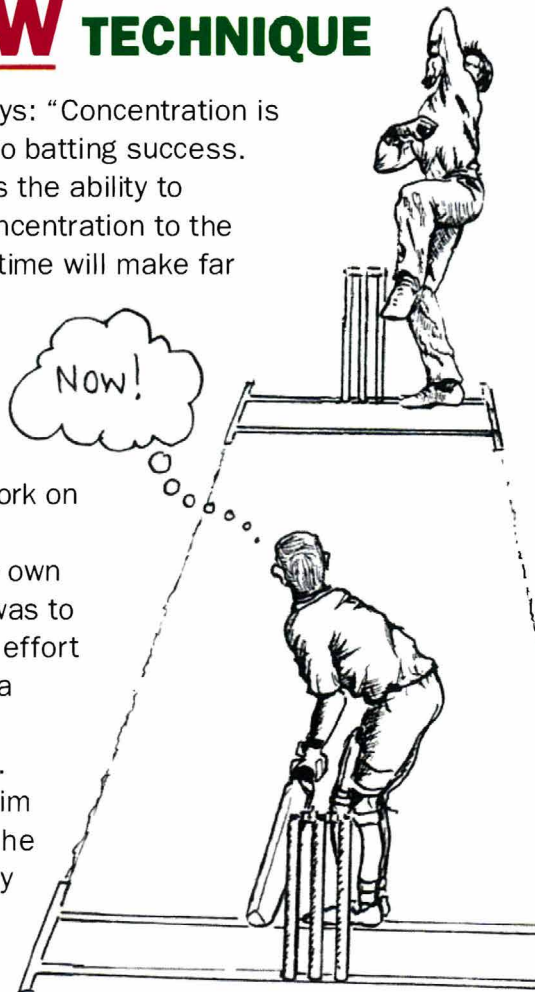
THE NOW TECHNIQUE

• Bob Simpson says: “Concentration is obviously the key to batting success.

The batter who has the ability to maximise peak concentration to the shortest possible time will make far fewer errors.

• “Nets, with their many distractions, provide ideal opportunities to work on building up your concentration. My own favourite method was to make a conscious effort of switching on at a certain point in a bowler’s approach.

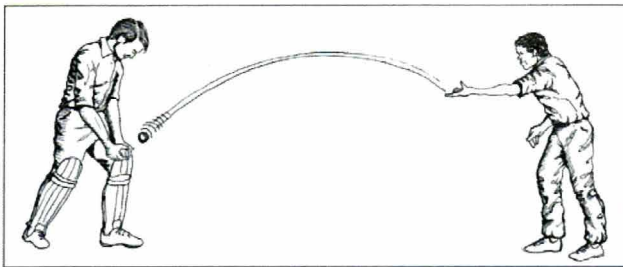
• “I would watch him running in and, as he got into his delivery stride, I would say NOW and concentrate fully.”



• Players can use **Visual Cues**, such as observing how the ball increases in size as it comes closer, or noting the position and movement of the seam during flight. They may even try to identify the brand name on the ball, or notice any changes to the ball’s appearance e.g. scuff marks, one side more shiny than the other.

• A coach may stand behind a batter during net play and call out timed comments as the bowler runs in, such as **“now”**, **“the ball”**, **“watch the screen”**. Following the shot the coach may quiz the batter about the ball – “what did it do?”... “which side was shiny?”... “did the seam wobble?”... “where were the bowler’s fingers on the seam just before delivery?”... “did the bowler’s wrist move?”

CONCENTRATION DRILLS

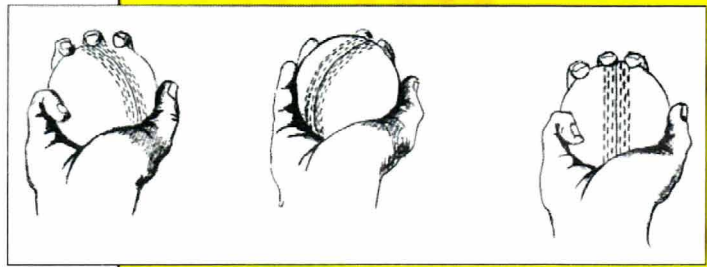


Tracking

- Batter with gloves on, stands 5m from partner.
- Partner underarms marked bean ball from behind the back to batter who catches with head over bag.
- Batter calls marking (X, number, 0 or colour) during flight then checks bag in gloves.

Variations

- Vary marked balls (X, 0, 2 dots, 1 dot).
- Use different types of balls (plastic, composition, leather, tennis).



Seam Observation

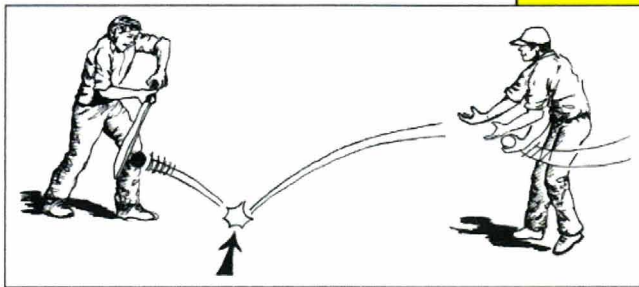
- Batter in stance position with gloves on stands 5m from partner.
- Partner underarms ball for batter to catch with seam in "straight on", "cross", "inswinger" or "outswinger" positions.
- Batter calls seam position during flight then calls position at rest in gloves.

Variations

- Alter spin of ball, batter calls "legspin", "offspin", "topspin".
- Net bowling with painted seams, red and white balls or normal balls. Coach monitors and questions from behind.

Ball Bounce

- Ball thrown to batter who plays appropriate shot.
- Batter then estimates where ball

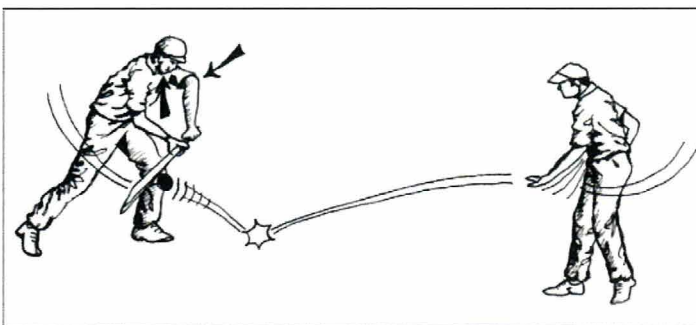


bounced on pitch by moving marker to spot. Marker position compared with partner's observations.

- Progress to bowled ball.

Chin-downs

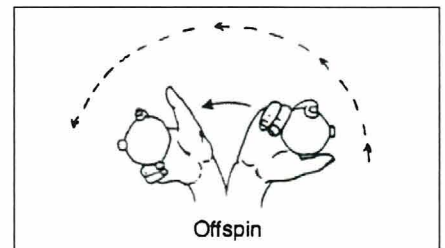
- Partner underarms ball to batter 5m away.
- Batter maintains body position on contact with the bat.



- Partner/coach monitors chin and head positions.

Variations

- Full-volley short/varied throws.
- Progress through overarm throws to bowling situation.



Hand, Arm Motion

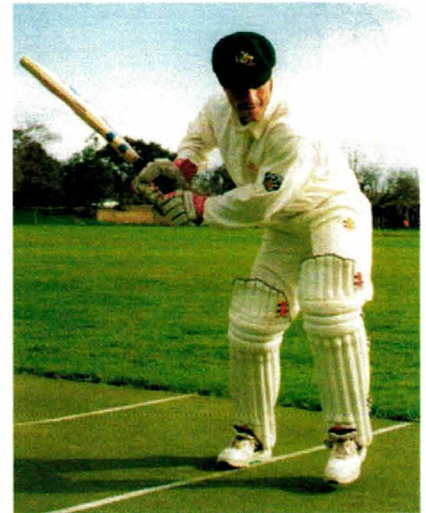
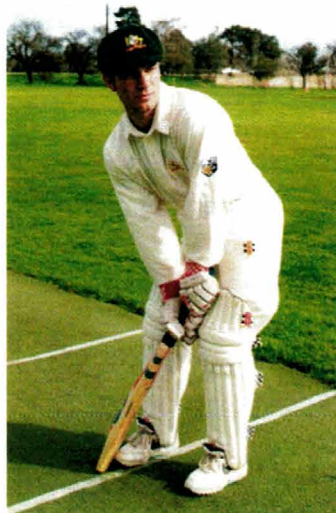
- Coach/proficient partner releases ball with different spinning motions.
- Batter describes hand motion and links it in with ball movement.
- Vary with inswing/outswing, off cutter/ leg cutter arm/hand motions. Batter calls delivery type.

Technique

THE SET-UP

Effective shot-making results from an efficient and comfortable basic set-up of grip, stance and backlift.

The appropriate set-up will vary slightly from player to player depending on their height, weight and overall posture. It would encompass a grip which allows a full range of shots, a stance with all the body levers aligned and a backlift which sets up the bat and hands for a smooth co-ordinated downswing.

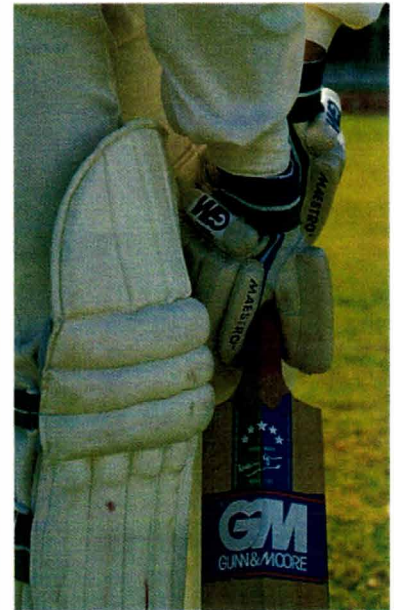


THE GRIP

Coaches should understand that all batters will grip the bat in slightly different ways, and they must be prepared to respond to individual differences. The

basic recommended grip for effective stroke-play is achieved by lying the bat face down on the ground with the handle pointing towards the batter. Ask the batter to pick it up with both

hands together about the **middle of the handle**. The natural position of both hands should now see the **Vs formed by the thumb and forefinger pointing down the back of the**



bat between the splice and the leading edge. Some players will grip the bat so the Vs point straight down the splice at the back. This is acceptable as well, but be aware gripping the

bat any further distance away from the leading edge will encourage "bottom hand dominance" and seriously affect the alignment of arms, shoulders and head in the downswing.

KEY POINTS

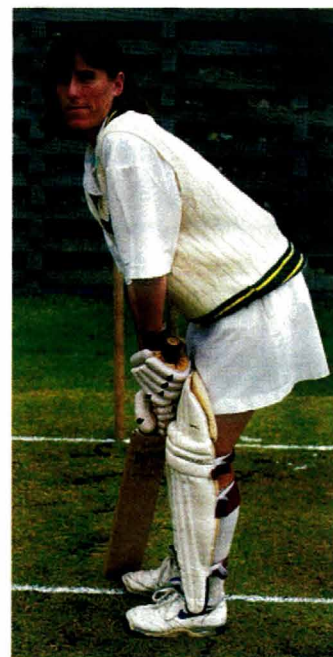
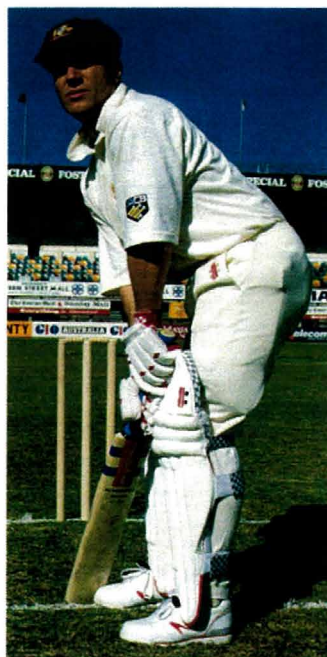
- **Hands together, middle of handle**
- **Vs pointing down back of bat between splice and leading edge**

THE STANCE

Young batters should be encouraged to adopt a comfortable stance with **feet** approximately **shoulder width apart**, the **knees flexed** and the weight evenly balanced. The **eyes** should be **level**. Young batters respond well to the explanation that their eyes act like cameras, with the brain responding better to a square-on picture than one on the tilt.

The **chin** should be above the toes from front on and midway between the feet from side on to keep the centre of gravity over the base of support (the feet). If the **head** is over too far, the body will tend to fall to the offside during shots and balanced play on the legside will be difficult. Flexed knees ensure quick, balanced movement back or forward.

The **toes and hips** should be lined up straight at the bowler. This places the body in a side on position which should be maintained when setting up the majority of subsequent shots. A



KEY POINTS

- **Feet shoulder width apart**
- **Side-on**
- **Knees relaxed, slightly bent**
- **Eyes level**
- **Weight on balls of feet**

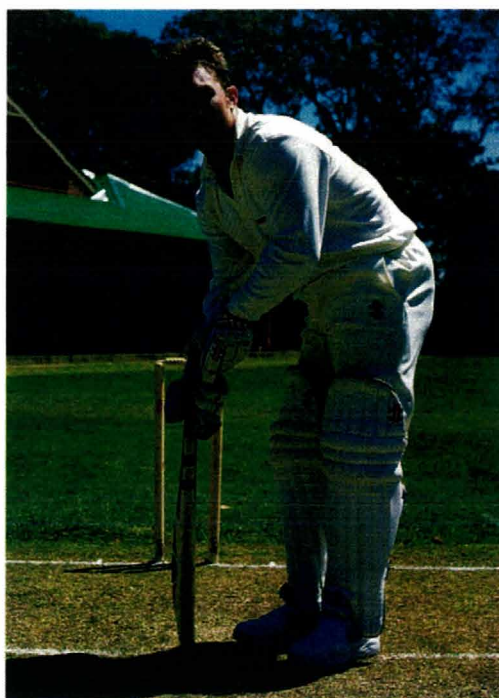
slightly open front shoulder gives a more complete and comfortable stance and tends to eliminate the blind spot on the leg side.

The bottom of the bat should rest against the back little toe, with variations allowable provided they feel comfortable and do not restrict the backlift or shot execution. Some top players place the bat just inside the back foot to assist balance. Finally, the knuckles of the top hand should rest in against the front thigh.

TAKING GUARD

The reason batsmen “take guard” or “block” is to line their bat and feet up in relation to the particular bowler they are facing and the wicket they are defending. The most common request is “**centre**” (middle stump); other variations are “**leg stump**” or “**one leg**”; “**two legs**” (between middle stump and leg stump) and “**off stump**”.

There is no correct guard. Most young batters should be encouraged to take “centre” and only explore the advantages of other guards as they grow older and develop their own game.



THE BACKLIFT

A correct backlift allows free strokeplay by starting body and bat movement and setting up the correct downswing. It should allow all the necessary body levers (hands, arms, shoulders, hips, head) to work and move together in the same direction i.e. the line of the ball.

Variations may occur in the backswing; in particular young players let their hands drift away from their body which forces the toe of the bat to fine leg. This must be avoided. The bat should pivot from the front thigh so the hands do not move away from the body line during the backlift. This will help batters keep their head in line with the ball and also assist their balance. By keeping their head upright they will avoid leaning over towards point.

The wrist will cock naturally as the bat is swung back, opening the face slightly so it is square on to the ball on the downswing.

KEY POINTS

- **Head still**
- **Co-ordinate backlift with bowler's stride**
- **Keep hands in close to body**
- **Toe of bat between off stump and second slip**

BACKLIFT DRILLS

Height & Line

- Partner stands behind and facing batter with palms down at bail height in a line between off stump and second slip.
- Batter practises backlift to just touch partner's hands.
- Change roles after 10 practices.

Variations

- Video analysis of net/match backlift height and line.
- All the above drills using only one hand.

Once the basic pattern has been developed it is more productive to consider the effectiveness of the backlift as an integral part of the various strokes. Remember the backlift is actually part of the stroke and not a skill in itself.

Timing

- Batter and bowler in net situation.
- Coach calls "up" as bowler gathers to deliver.
- Batter responds, lifting bat on call.

Variations

- Batter calls "up" or "now" out loud rather than the coach.
- Normal net session, observer records position of bat at set times (as bowler delivers/leaps), reports to batter/coach during/after session.
- Video analysis of backlift timing (net/match).



COMMON ERRORS

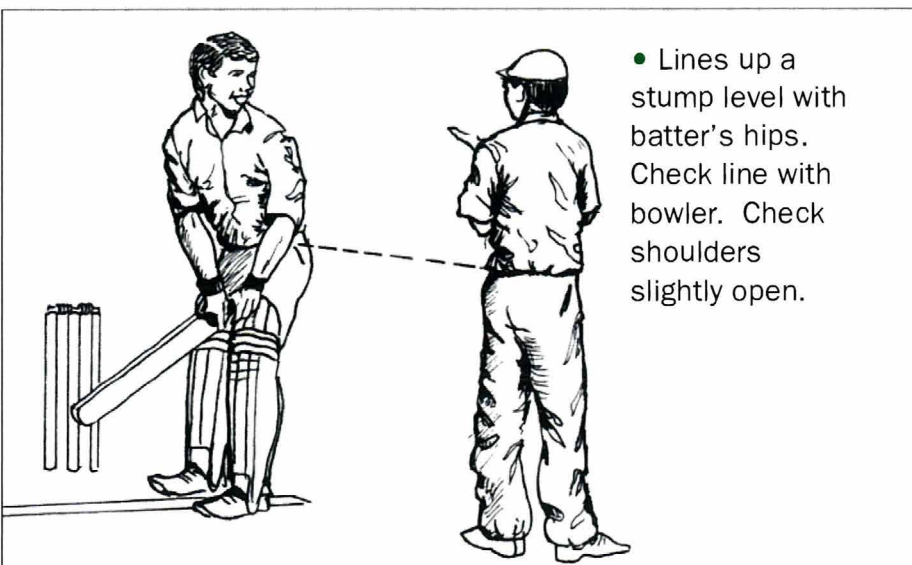
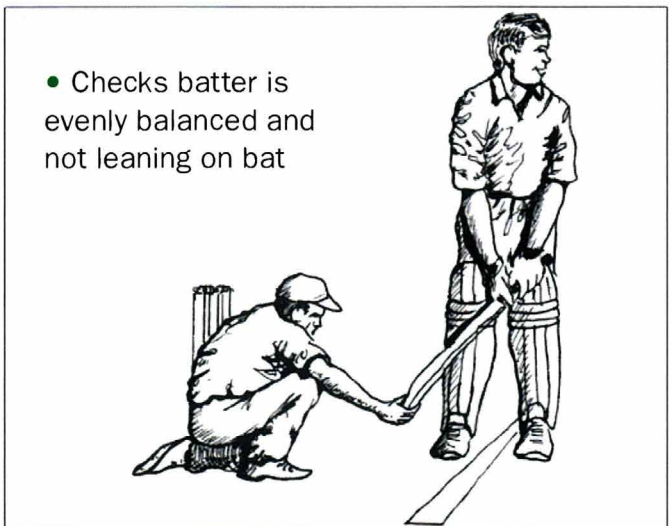
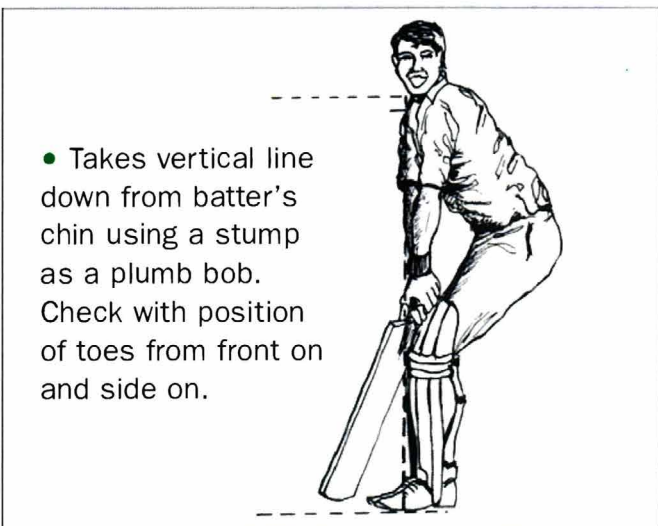
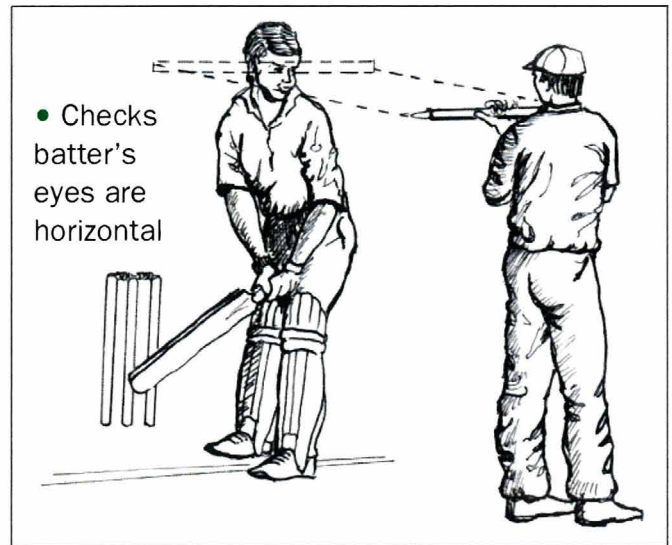
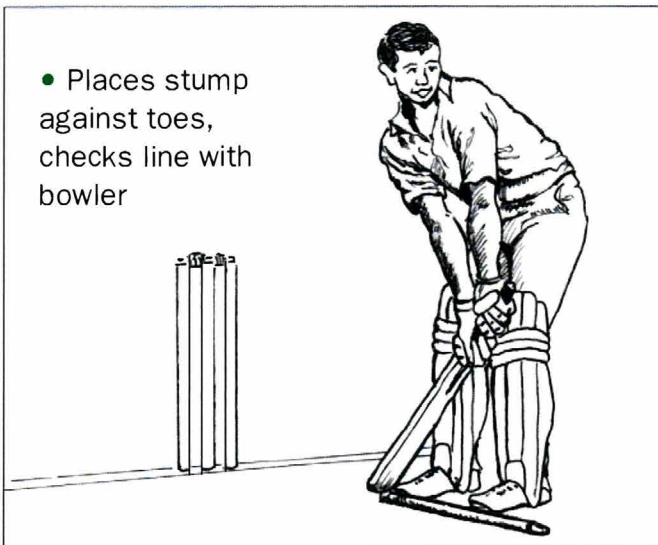
- ✗ **Late in initiating the backlift**
- ✗ **Controlling the bat with the bottom hand**
- ✗ **Backlift directed towards the point area**
- ✗ **Backlift looped in a circular motion**
- ✗ **Arms taken away from the body**

CORRECTING ERRORS

- ✓ **Repeat the "UP" drills**
- ✓ **Practise lifting the bat with the top hand only**
- ✓ **Use stumps or plastic tubing to mark a channel for the backlift direction**
- ✓ **Stand the batsman close to a wall and practise the backlift**

SET-UP DRILLS

The grip, stance and guard are best treated together as they form the preparatory position for all strokeplay. The batter takes up his stance at crease, his partner then:



KEY POINTS

- **Wrist cocked at top of backlift**
- **Towards off stump/straight**
- **Figure 9**
- **Hands in close to body**
- **Head still**

Balance

Most young people have natural balance when they run, skip, crouch, dive, swim etc., during daily recreational activities; however, when they try to swing a cricket bat this naturalness often deserts them and they become awkward, stiff and lack co-ordination. For young cricketers to hit the ball consistently with timing and power they must be well balanced at the crease. To be well balanced, the body must have its centre of gravity vertically aligned over its base of support. This is achieved in batting by having the head directly above an imaginary line drawn between the balls of the feet. The head must move to the line of the ball, with the weight bearing foot stabilised slightly to the onside of the line. The moment the head moves outside of the line of the feet, the batter will topple over with a loss of control, power and bat speed.

Two fundamental errors which hinder balance and safe play in young batters are:

1 Too often, batters commit themselves only down an off-stump line regardless of where the ball pitches. When the ball pitches on the leg side, the characteristic falling over and shuffle through of the back foot signal a loss of balance. On the off side, edges to slips are often caused by the bat being inside the line of the ball. Consistent drill work will ingrain the correct “head to line” technique necessary for success.

2 Stepping away to the leg side prior to delivery develops in young players who are afraid of getting hit. Such an approach may be eliminated by placing a stump, brick or tin behind the heel of the back foot in the stance. This provides immediate feedback to batters if they step away.

- Moving the head and eyes to the line requires concentrated focusing backed up by meticulous practice. The ball should act as an imaginary magnet, drawing the head to it.
- Young batters need to develop different feelings associated with moving to the off and on sides and must practise repeatedly, with constant checks for balance upon shot completion.
- While correct foot placement is also

essential, by highlighting the head movement first, coaches will find the foot movement will often develop naturally, and fine tuning of the feet position can be developed later.

- The idea of the head and front knee being linked together with an imaginary short rope or chain for front foot shots may assist with this development.
- It is crucial for power that the weight bearing foot stabilises to provide a solid base for the body levers to work off. The energy of the body is efficiently converted into bat speed when the feet and head are stabilised. Hitting “on the move” results in a loss of bat speed.
- Often we hear coaches urging the young batter to “get your foot to the line of the

ball”. This is not strictly correct, since it will result in the ball contacting the foot or pad. The weight bearing foot should be positioned slightly to the on side of the line to allow the bat to flow through, making contact next to the pad with no gap.

- Footwork plays a key role in playing spin bowling. The young batter must develop the confidence and technique to leave the crease to create half-volleys or defend the flighted ball. Leaving the crease is not

a commitment to play an attacking shot, merely an intention.

- Each young player needs to follow the Balance Drill variations aimed at combating the spinner, developing their own method, be it shuffling down the wicket to the spinner or using cross-over steps. Above all, the drills should encourage the appropriate technique and confidence so crucial to successful dominance of mature spin bowling.

BALANCE DRILLS

Stationary Ball



- Three balls placed on pitch, one forward on offside, one forward on leg side, one back on offside.
- Batter steps to ball nominated by coach. Check head over ball, foot alongside.
- Progress to rehearsed defensive shot with ball on tee (low tee for forward, high tee/open Kanga stump for back).

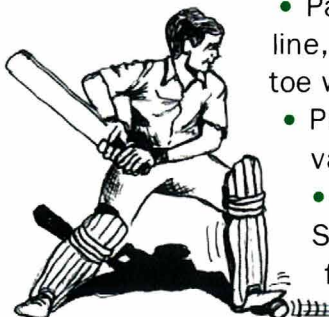


Thrown Ball

- Partner/coach lobs ball to batter in stance position.
- Batter catches on the full, beside front knee.
- Maintain position to check head, feet position and balance.
- Progress from offside across to onside to varied.
- Progress to taking ball on half volley.
- Progress to defensive shot with bat, on full then varied length.
- Repeat progressions with batter moving down the pitch to spinners (ball lobbed above the batter's eye level).

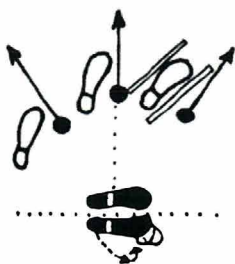
Rolled Ball

- Batter positioned in stance.
- Partner/coach rolls ball along off stump line, batter stops with foot (side on or under toe with heel on ground).
- Progress from offside across onside, then varied.
- Progress to defensive stop with bat. Stay in position after stop to check head, feet position and balance.



Foot Angles

- Ball on tee for off drive, target marker in place
- Pair of loose stumps placed on ground for player to place foot between to develop correct foot angle.
- Change tee, target and stump angles for full range of drives.

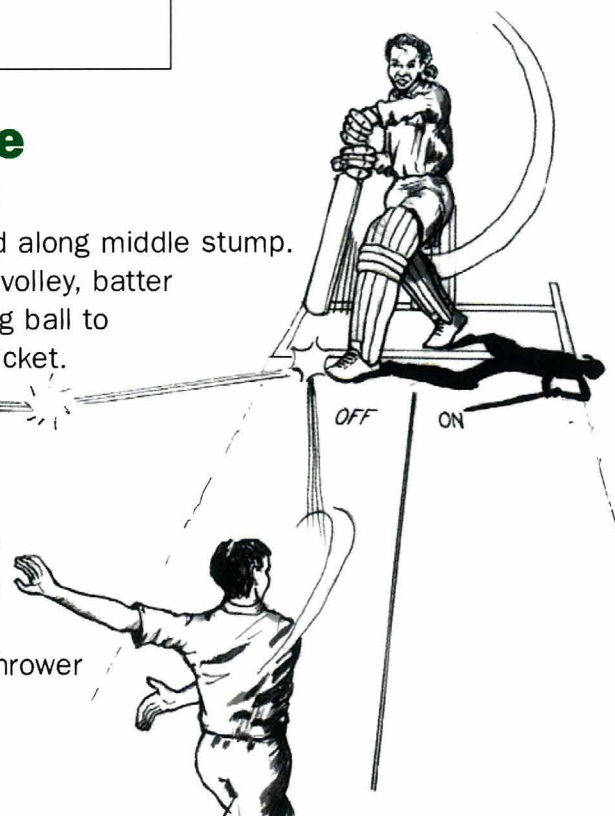


Judging Line (Advanced)

- Bowling line marked along middle stump.
- Ball thrown on half volley, batter scores point for hitting ball to appropriate side of wicket.

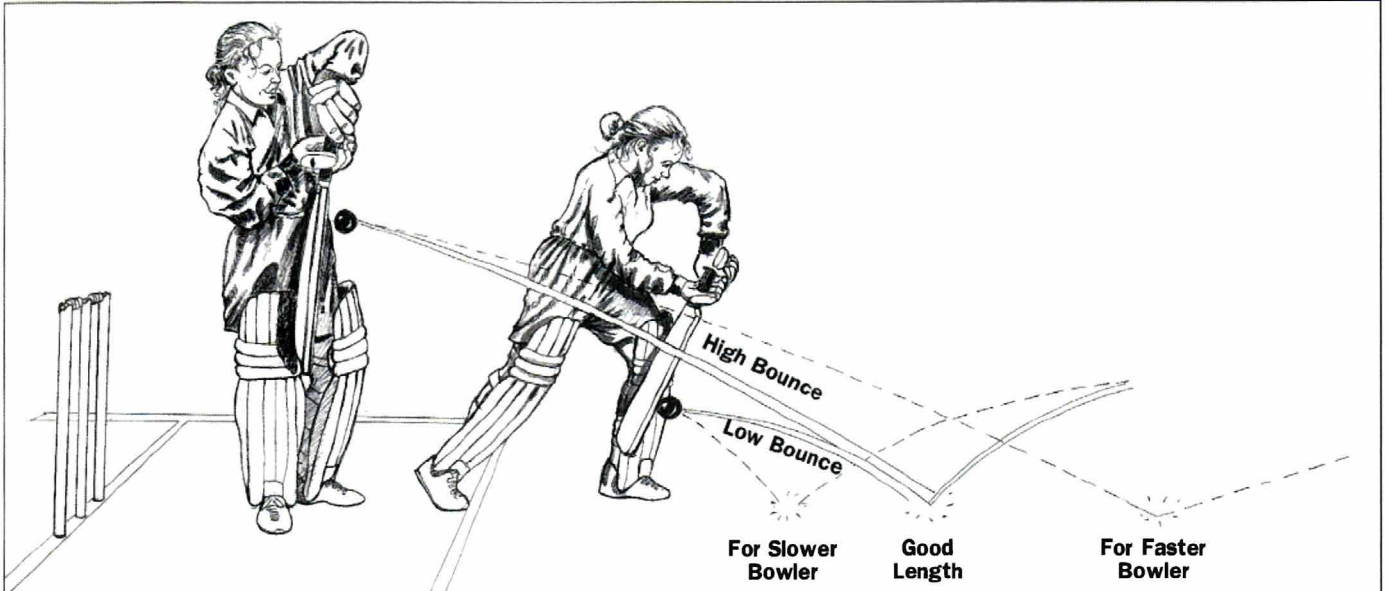
Variations

- Pitch balls shorter (back foot shots).
- Include markers for batter to score bonus points.
- Include hoops for thrower to score points.



Judging Length

LENGTH DRILLS



- Bowling line marked at appropriate length in front of batter.
- Batting lines drawn, a step in front and behind batter.
- Ball thrown randomly to land before or after bowling line.
- Batter plays with one foot past the

appropriate line to score a point (back foot behind back line for short ball, front foot over front line for pitched up ball).

Variations

- Include markers for batter to score bonus points.
- Include hoops for thrower to score points.

COMMON ERRORS

- ✗ Failure to focus on the release point
- ✗ Failure to track the ball, i.e. taking eyes off the ball
- ✗ Body movement that alters the focal length or direction
- ✗ Not concentrating totally on the bowler

CORRECTING ERRORS

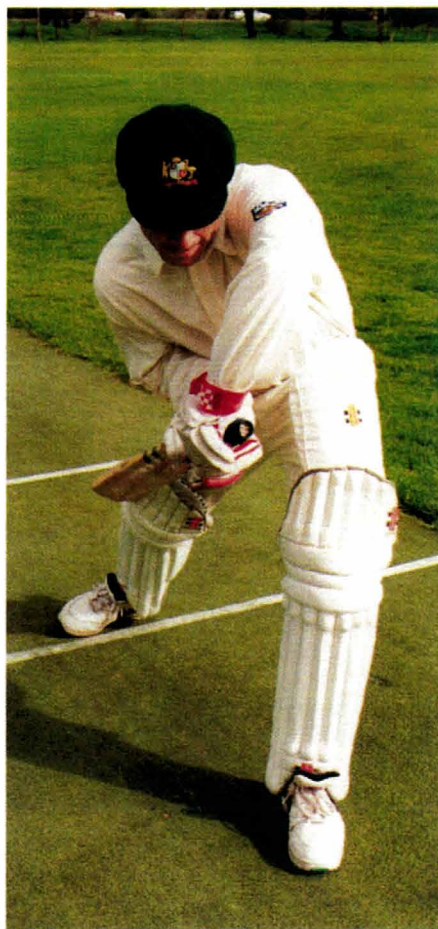
- ✓ Throw balls with different markings to assist concentration
- ✓ Use fielding cradle (or roller) to have balls come at odd angles and heights
- ✓ Use a soft ball [tennis] throw the ball at the batsman in his normal stance. He ducks, sways or evades the ball remaining in the crease area

KEY POINTS

- Fine focus on the hand projecting the ball
- "Tracking" the ball
- Initiating the appropriate movement i.e. forward or back

Front Foot Shots

FRONT FOOT DEFENCE

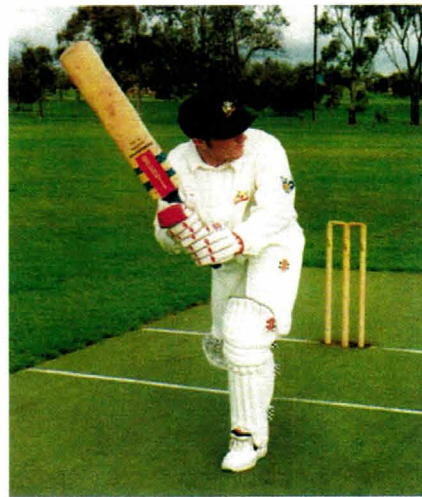
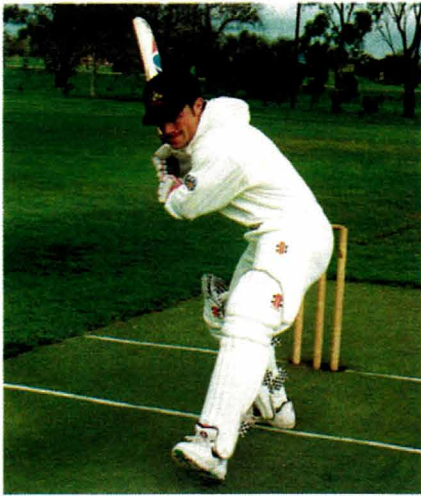


When playing forward the front shoulder leans into the ball, with the front knee bent to keep the body and head down. The back leg straightens with only the toe remaining on the ground (unless moving down the pitch to a spinner). The batter should feel comfortably balanced on the pitch in this position; only move forward as far as natural balance will allow. Don't over-extend or the player will "wobble" and lose control of the bat.

KEY POINTS

- Watch the ball
- Head still
- Step towards the line of the ball
- Transfer weight
- Soft hands
- Full face of the bat

FRONT FOOT LEG GLANCE



KEY POINTS

- Variation of forward defence
- Played in line with front leg
- At the instant before impact, the bat is turned slightly so the ball runs off into the fine leg area

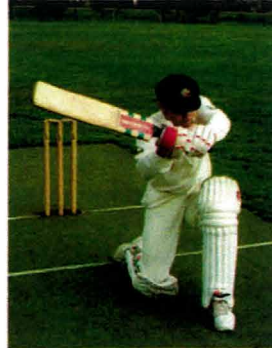


COMMON ERRORS

- ✗ Playing inside the line of the ball
- ✗ Allowing the blade to get in front of the handle
- ✗ Hitting across the line of the delivery
- ✗ Turning the face of the bat prior to contact

SWEEP

Played to a ball of good length that is pitched on a line from middle and off stump to outside leg stump.

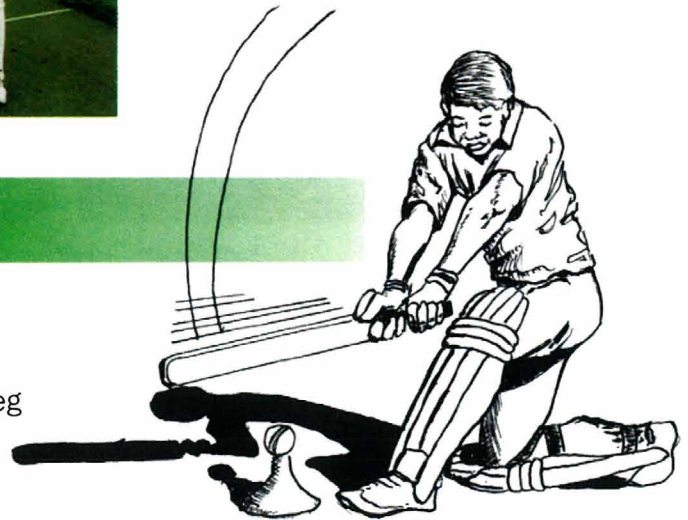


KEY POINTS

- Ball should be hit on half-volley
- Cover the line of ball with pads
- Bat in horizontal at contact
- Don't try to hit the ball too hard
- Roll wrists
- Weight should be forward

SWEEP DRILL

- Use a batting tee in an appropriate position
- Use a ball suspended on a string
- Toss a ball from 10m to pitch just outside the leg stump and on a good length
- Vary the line of the toss



COMMON ERRORS

- ✗ Failure to bring the weight forward over the front knee
- ✗ Failure to get the front leg in line with the delivery; usually it is to place the foot inside the line with the ball travelling behind the body, however attempting to play the ball from inside the front foot is often the problem
- ✗ Playing with the bat at an angle
- ✗ Cramped arm positioning causing a scoop-like shot
- ✗ Trying to hit the ball too hard

CORRECTING ERRORS

- ✓ Use markers or footprints to establish the correct position
- ✓ Position the tee to require the batsman to stretch forward
- ✓ Position the body weight over the front knee and play the shot with a restricted backswing

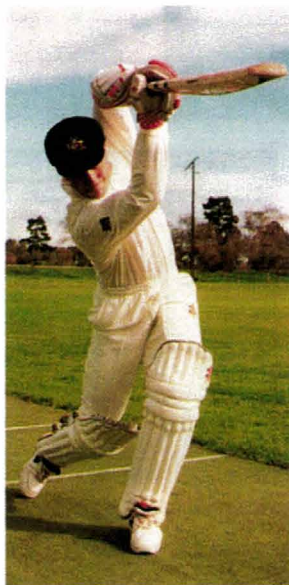
FRONT FOOT DRIVES

The square drive, cover drive, off drive, on drive and straight drive are all strokes played to a ball well pitched up, though not necessarily a half volley.

Coaches should take care to ensure the batter's front foot moves to a point just inside the line of the ball and the eyes are as far across to the line of the ball as possible. Often players are

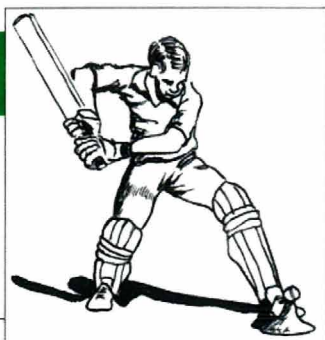
taught to take their front foot "to the line of flight" but, if this is carried out exactly, the ball will strike the batter on the pad.

What is important is to have the front foot, and therefore the front pad, in such a position that the ball swinging in towards the off stump has a minimal chance of getting through a gap between the bad and pad.



KEY POINTS

- Play to full pitch ball
- Extension of Front Foot Defence
- Acceleration in down swing
- Hands forward/top hand in control
- Full face of bat
- Follow through



FRONT FOOT DRIVING DRILLS

- Stationary ball
- Dropped ball
- Lobbed ball

Tee and Marker

(Low Tee Driving)

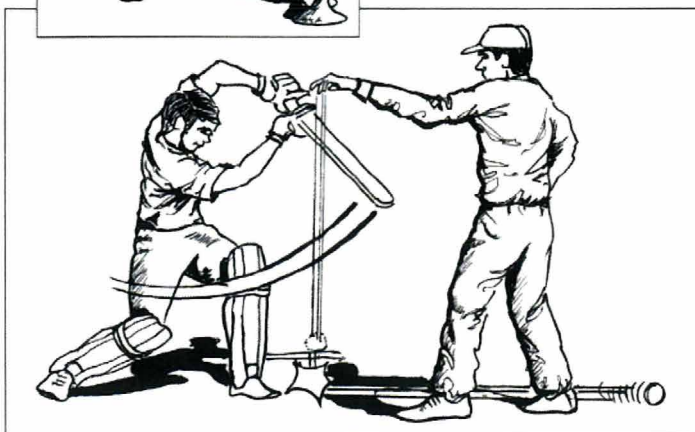
- Batter steps forward and hits ball through
- Fielder returns ball

Variations

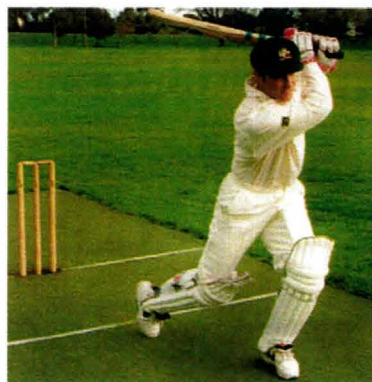
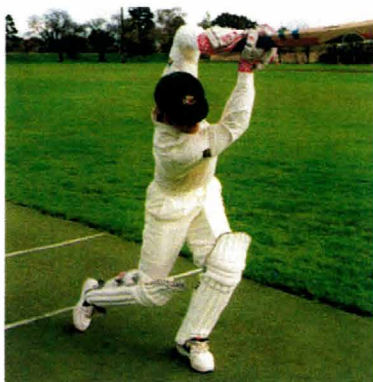
- Vary marker position (off/on/straight drive)
- On drive then off drive (in order)
- On drive, off

drive, then straight drive (in order)

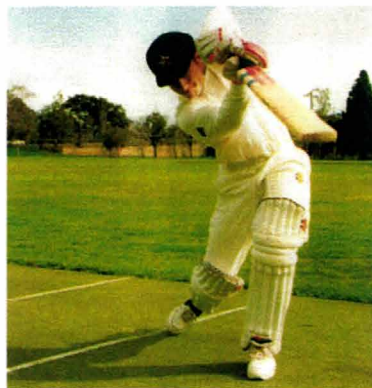
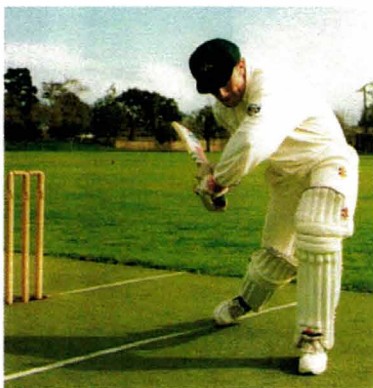
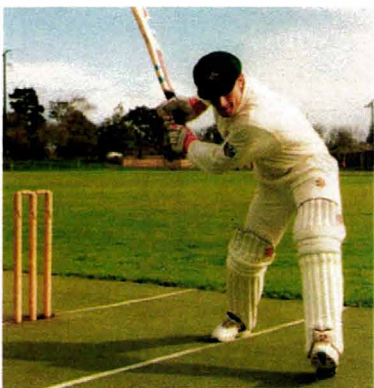
- Ball dropped from shoulder height by partner
- Ball lobbed from 5m (check safety)
- Ball bounced from 10m (check safety)
- Dribble along the ground then hit (no tee)
- Jump out to tee (playing spinner)
- Rotate after every hit



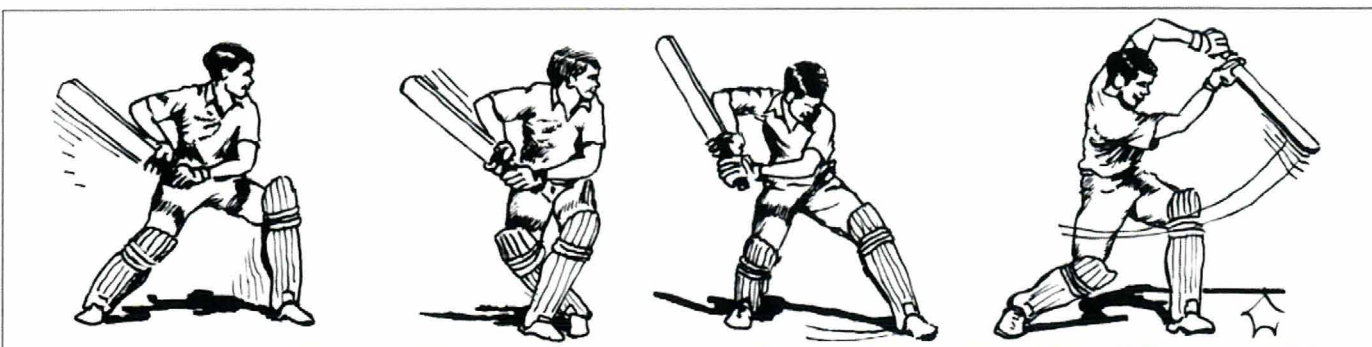
STRAIGHT DRIVE



COVER DRIVE



MOVING OUT TO DRIVE



KEY POINTS

This is an advanced shot; footwork is the key:

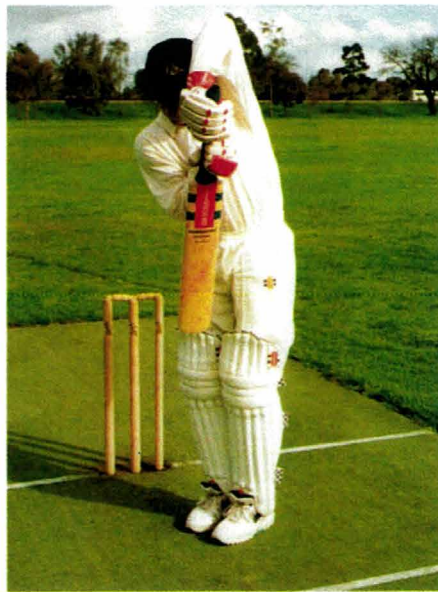
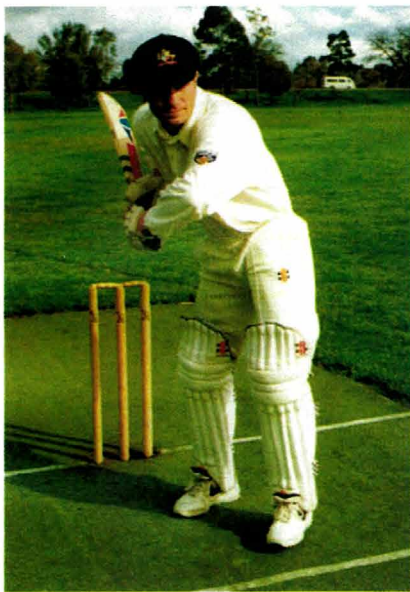
- Front foot forward
- Back foot moves behind front foot
- Front foot extends to pitch of ball

COMMON ERRORS

- ✗ Taking a small initial step
- ✗ Shuffling down the pitch
- ✗ Leaning back on contact with the ball
- ✗ Playing the ball in front of pads

Back Foot Shots

BACK FOOT DEFENCE



KEY POINTS

- Move back foot back and across to off stump
- Front foot back and in line with body
- Front elbow high
- Top hand firm
- Bottom hand relaxed

BACK FOOT DRILLS

- Back and across
- Weight on ball of back feet
- Figure '9'



Bouncer/ Half Volley

- Batter takes up stance
- Coach throws tennis/indoor cricket ball at either bouncer or half volley length
- Continue until batter can judge length confidently and make adjustments

Right Back

- Draw a line 30cms behind batting crease
- Batter rehearses moving back, placing foot in line, keeping side-on
- Progress to hitting ball off high tee through target markers
- Progress to coach throwing ball

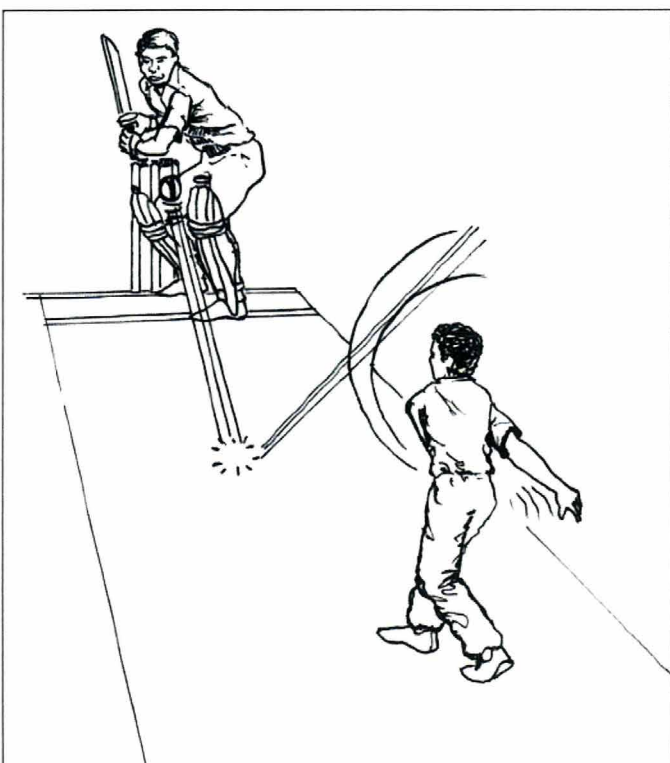
BACK FOOT LEG GLANCE



KEY POINTS

- Assume same position as back defence
- Hit ball with full face of the bat
- Don't steer ball – turn wrists after contact

BACK FOOT LEG GLANCE DRILLS



- Throw balls aimed at, or slightly outside leg stump, to pitch just short of a length to bounce between knee and waist height
- Net practice

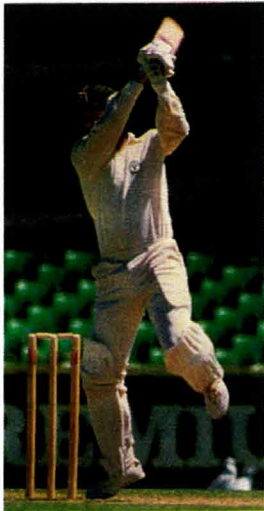
COMMON ERRORS

- ✗ Playing the ball outside the line of the body
- ✗ Allowing the blade of the bat to precede the handle
- ✗ Facing square on to the line of the ball
- ✗ Playing across the line of the ball

CORRECTING ERRORS

- ✓ Practise the '9' drill
- ✓ Place the front leg in line with the delivery (use soft ball)
- ✓ Use a batting tee to improve timing of the turning of the wrists

BACK FOOT DRIVE



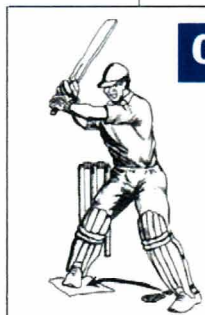
KEY POINTS

- Stabilise back foot
- Keep arms in close to body
- Head steady, eyes level
- Front elbow high at point of contact
- Full swing of bat

BACK FOOT DRIVING DRILLS

Beat the Fielder

- Position fielder in target area
- Bounce ball to batter who hits for gap



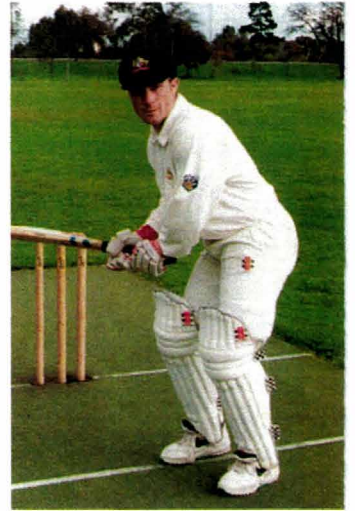
COMMON ERRORS

- ✗ Moving across the crease rather than back to create a front on position
- ✗ Failing to take the front elbow high
- ✗ Allowing the back elbow to move away from the body
- ✗ Backing away and using a cross bat position
- ✗ Allowing the bottom hand to control the stroke
- ✗ Taking the head back and away from the line of delivery
- ✗ Failure to provide a stable base
- ✗ Failure to transfer weight forward

CORRECTING ERRORS

- ✓ Place a marker or footprint in the appropriate position
- ✓ Practise lifting the bat with the front hand
- ✓ Practise the stroke close to net or wall
- ✓ Use a soft ball until confidence is gained

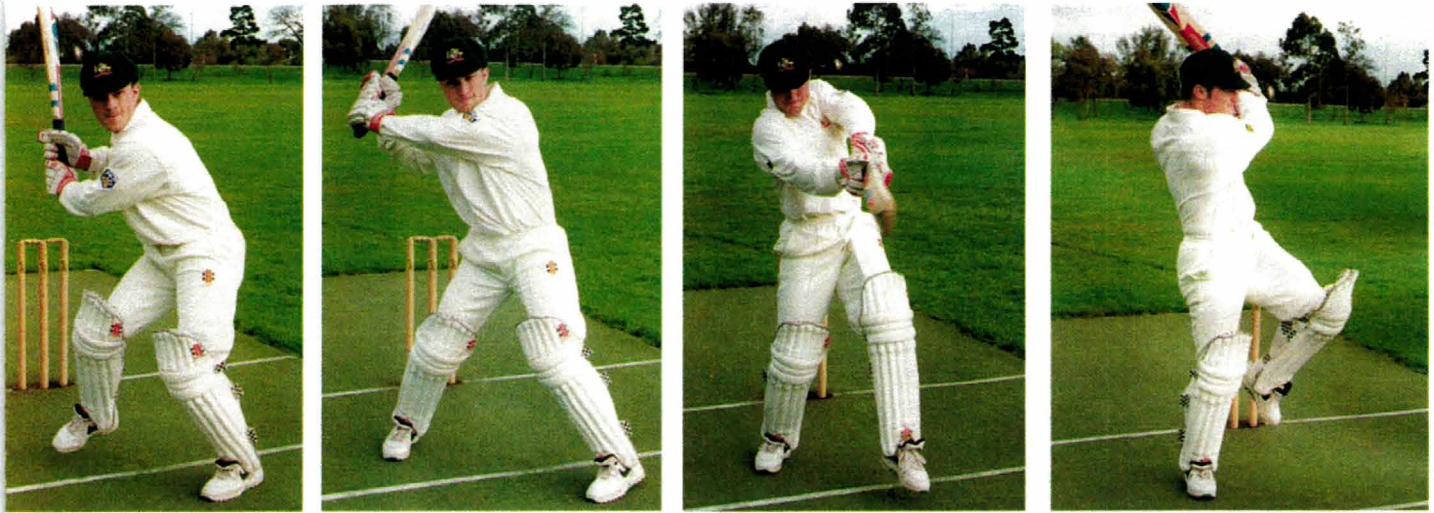
PULL SHOT



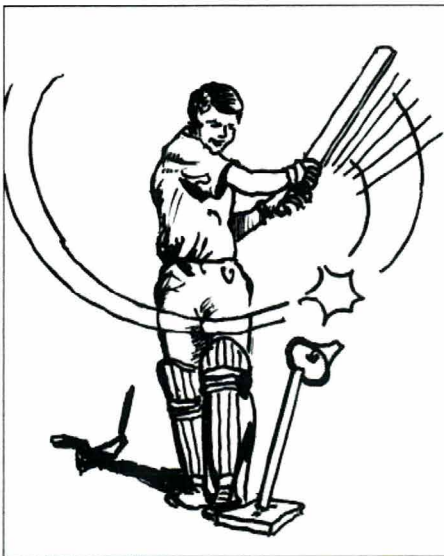
The pull shot is played to short length balls from spinners and medium pace bowlers. It is most effective against balls between waist and chest height and is usually hit in front of square leg.

KEY POINTS

- Back foot across and back
- Head steady
- Arms extended
- Rotate shoulders
- Roll wrists



PULL SHOT DRILLS



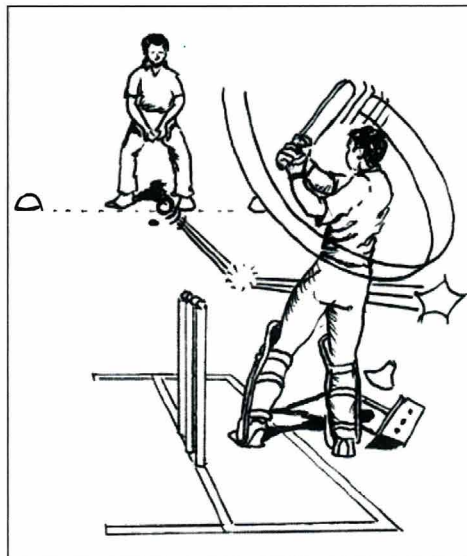
Tee and Marker

(High Tee Pulls)

- Batter takes up stance with markers at square leg
- Batter hits ball between two markers
- Fielder returns ball
- Replace batter after three attempts
- Score one point for each hit between the markers

Variations

- Shot in front of square, then



behind square.

- Change to cut shots
- Ball lobbed from 5m.
- Ball bounced from 10m.
- Back foot off/on drive
- Rotate after every hit

Extension Activity

Underarm ball on full to strike zone for pull, hook and cut shot from a distance of 8m. (Lob from a kneeling position).

COMMON ERRORS

- ✗ Moving back rather than across to the line of the delivery
- ✗ Moving too far across to the ball on leg stump
- ✗ Failure to move the weight to the front foot
- ✗ Arching the back and keeping the centre of gravity behind the hips
- ✗ Failure to roll wrists

CORRECTING ERRORS

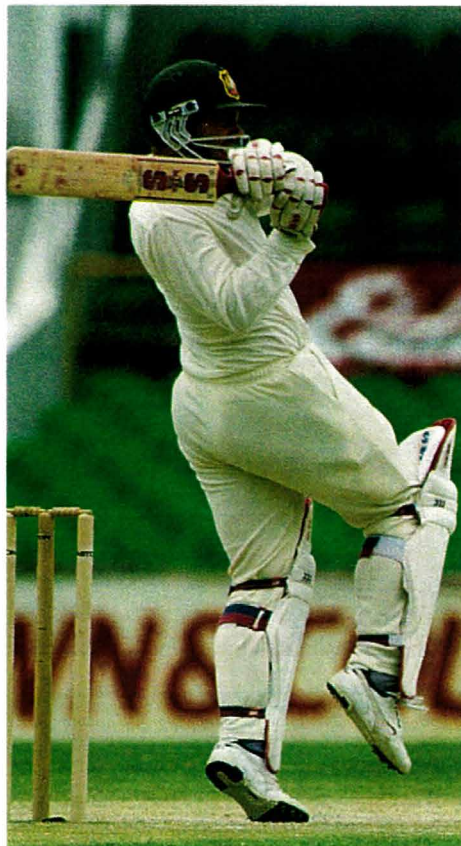
- ✓ Use markers or footprints to improve initial movements
- ✓ Use a place foot/step drill to transfer weight
- ✓ Practise playing the shot from the "back foot across" position so that the initial movement is to push on to the front foot

HOOK SHOT

The hook shot is played against quicker bowlers who bounce the ball over shoulder height. The pace of the delivery usually means that the hook shot is played finer than the pull shot i.e. behind square leg, or finer. Footwork for the two shots is similar, though.

KEY POINTS

- Judge different length and pace of ball
- Same feet position as for pull shot
- Get body inside line of ball
- Hit down on ball where possible



HOOK SHOT DRILL

As per the pull shot, but shorter pitched delivery • Back and across • Hands high • Chop wood

COMMON ERRORS

- ✗ Failure to move quickly into position
- ✗ Failure to get inside the line of the delivery
- ✗ Keeping head in line with the delivery
- ✗ Dropping the head down and away from the ball
- ✗ Failure to pivot on the back foot

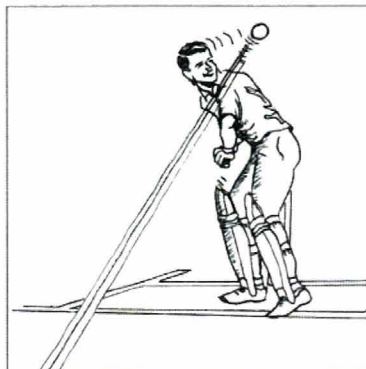
CORRECTING ERRORS

- ✓ Use a soft ball, practise moving quickly to position. Markers or footprints could establish correct positioning
- ✓ Practise moving; have a player at square leg flash a signal (coloured marker/handkerchief) as the ball passes the batsman. The batsman is required to identify the signal

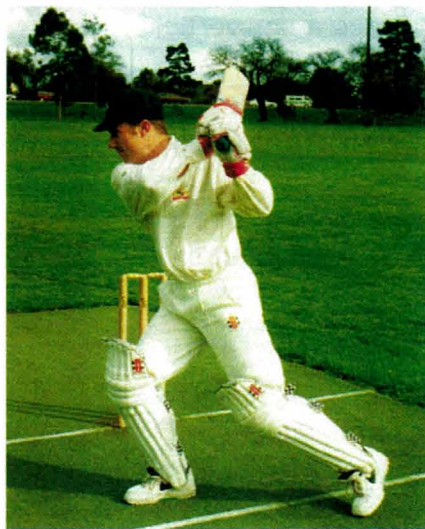
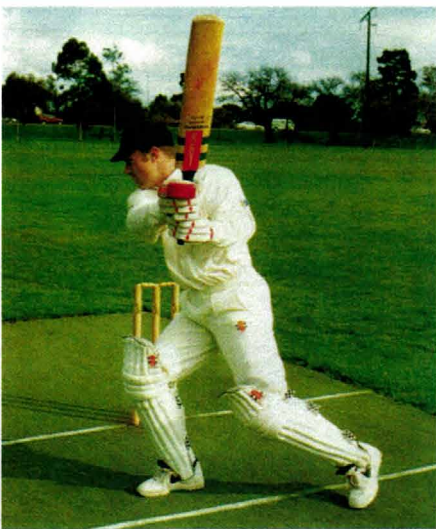
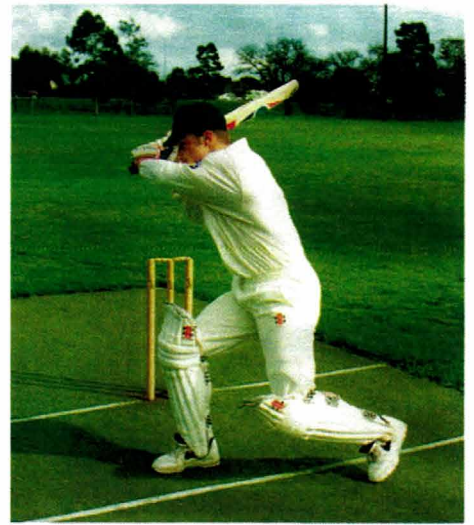
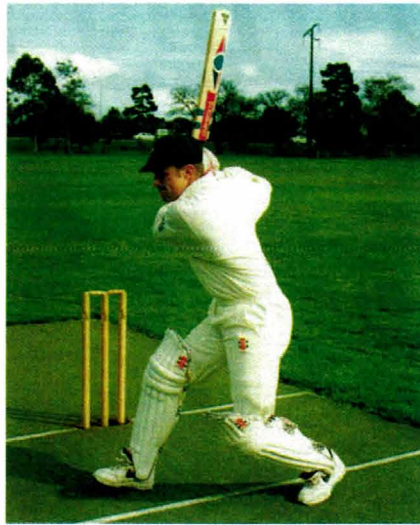
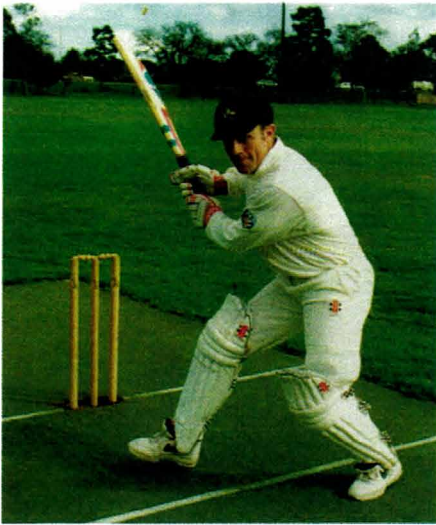
EVADING THE SHORT PITCHED BALL

KEY POINTS

- Keep your eyes on the ball
- Good footwork
- Duck under the rising ball
- Lean back and away from the rising ball



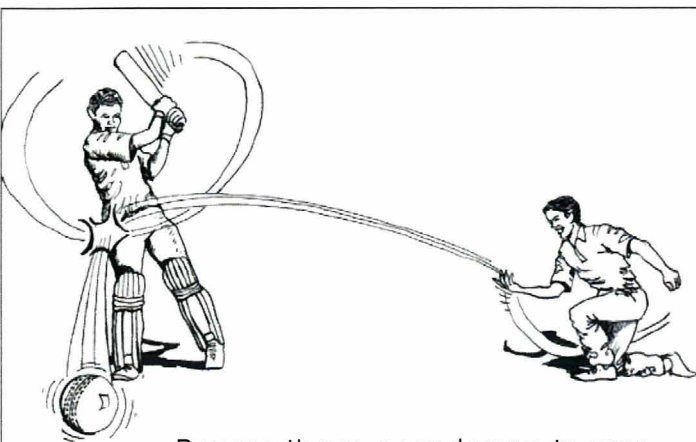
CUT SHOT



KEY POINTS

- Move back foot across to off stump
- Head to line of ball
- Extend arms
- Keep hands high
- Don't lean back

CUT SHOT DRILL



- Bounce throw, or underarm to zone
- As per pull/hook shot

COMMON ERRORS

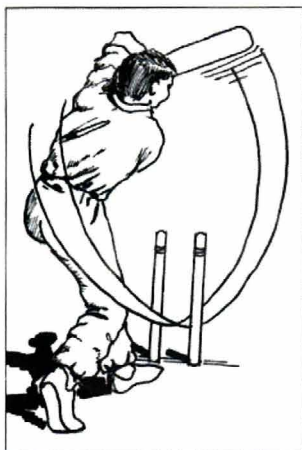
- ✗ Slicing the ball into the air
- ✗ Hitting across the ball with an obliquely aligned bat (causes hitting on to stumps)
- ✗ Moving the body away from the shot rather than into it

CORRECTING ERRORS

- ✓ Place a ball 30cm in front to the bowling crease and 30cm outside the off stump. Player moves back and across, bends knees and places the bat on the ball

Extra Batting Drills

VERTICAL BAT



Stump Gap Hitting

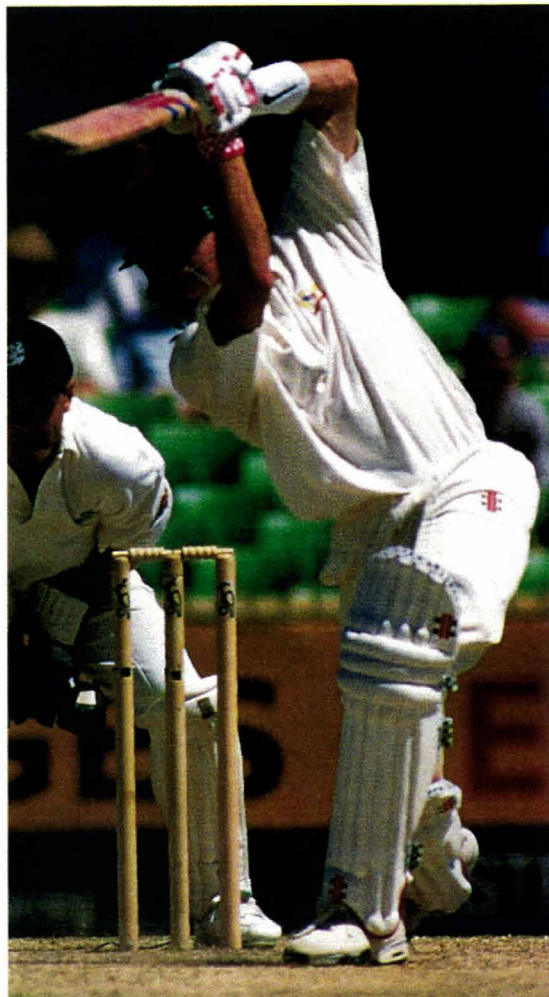
- Off and leg stumps placed in ground in front of batter
- Batter plays through the gap in the stumps with a vertical bat
- Contact indicates a non-vertical bat
- Position stumps for back foot/cover/off/straight/on/mid-wicket drives

- Place extra loose stumps on ground in pairs to direct foot angles for more advanced players (combination drill)



Ball-in-a-Sock

- Ball placed in sock/stocking and suspended by rope
- Batter hits ball to produce a consistent pendulum along a straight line with the imaginary bowler



TOP HAND



Top Hand only

- Batter hits off the tee with paddle, using only top hand
- Markers placed to score points
- Progress to hitting with bat using only top hand for stronger players, thumb and first finger grip with bottom hand for weaker players

Bat Angle

- Ball lobbed to batter from 5m
- Batter maintains position on contact. Partner checks bat angle

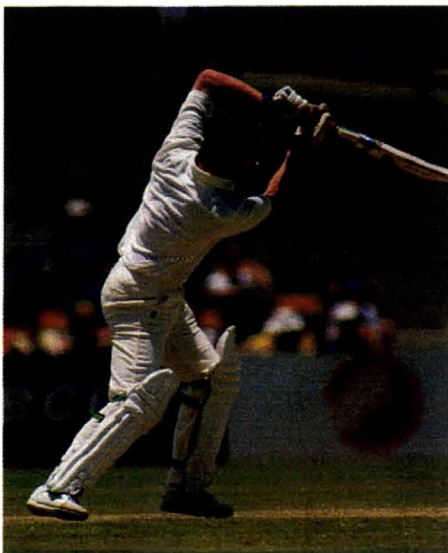
Variations

- Tee work which requires the hit ball to pass through close markers along the ground. This ensures correct bat angle

FRONT ELBOW

Cradling the Baby

- Batter interlocks the fingers of both hands together; forearms form a horizontal line
- The hands are rocked back and forth, keeping a straight line with the forearms in



rehearsing forward and back shots ("cradle the baby")

- Combine with a full step forward/back then a cradle

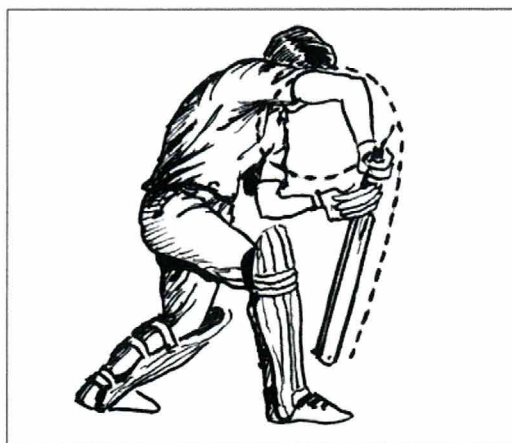


Variations

- Coach directs pace of movement by calling "one", "two", "three" or "four". Batter responds with appropriately paced arm movements (e.g. "one" = defend, "three" = faster movement resulting in more power)
- Coach nominates shot direction (e.g. cover drive, on drive)

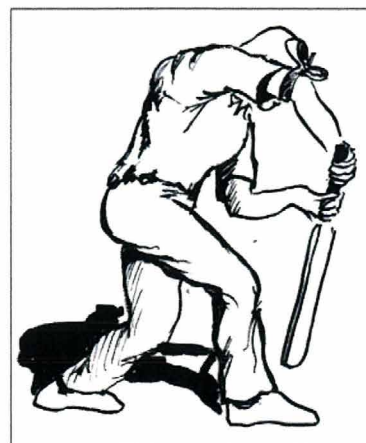


Forming '9s'



- Players work in pairs forming 9s checked by partner (use stump to check straight line of bat and forearm)
- Ball hit off tee with partner providing feedback on 9 information from side-on
- Ball-in-a-sock with partner providing feedback
- Ball lobbed to batter from 5m. Maintain position on contact check '9'

Visual Cues



- Tie a coloured ribbon around the front elbow
- Rehearse front and back shots, batter monitoring front elbow position
- Progress to tee shots (front and back), lobbed throws, net play

Batting Strategies

RUNNING BETWEEN WICKETS

KEY POINTS

CALLING

- Three calls:

'YES', 'NO', 'WAIT'.

- Striker to call on most occasions
- Non-striker calls when striker unsighted

BACKING UP

- Moving forward when ball delivered

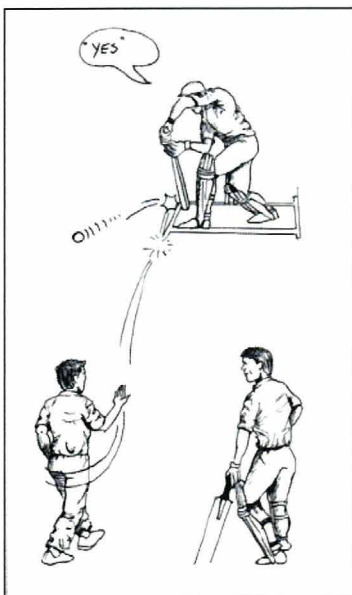
- Short strides for balance and reaction time

- Keep moving; most runners prop when batters hit the ball

TURNING

- Carry bat in appropriate hand for easy turning
- Low into crease
- Quick turning speed
- Acceleration from crease like sprinter

RUNNING BETWEEN THE WICKETS DRILLS



Judgment

Aims to get players calling and running, making shots in a balanced position and making judgments.

- Bowler lobs easy ball to batter who dabs (no smashes) it to off/on side. Batter says "YES" and runs a single
- As above, fielder one side of wicket

only. Regularly alternate the side the fielder operates on

- Now with a fielder on each side
- As above but using stumps and golf balls (balls must be delivered on the full)

'YES', 'NO', 'WAIT'.

- Striker to call unless unsighted
- Work together

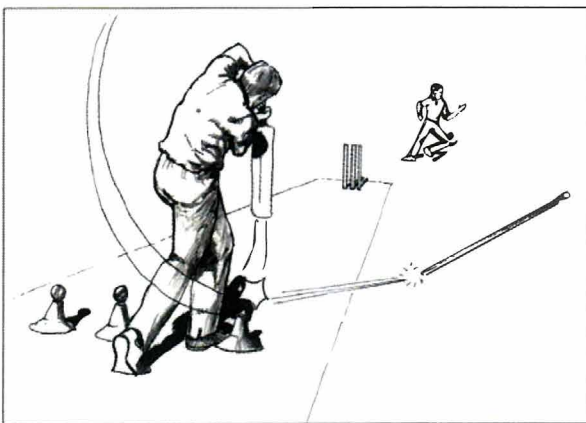


- Back up (bat in hand closest to bowler)
- Low into crease

Backing Up

Aims to get players backing up, responding to calls and turning correctly.

- Coach takes normal batting stance. Take slow, exaggerated backswing (players commence backing up). The coach then simulates a batting stroke and calls **“YES”** or **“NO”**. Players respond until the coach and the line of players have reversed position
- Players in turn take the coach’s role
- Run twos, instead of just singles
- In pairs, run ones and/or twos, but both players call



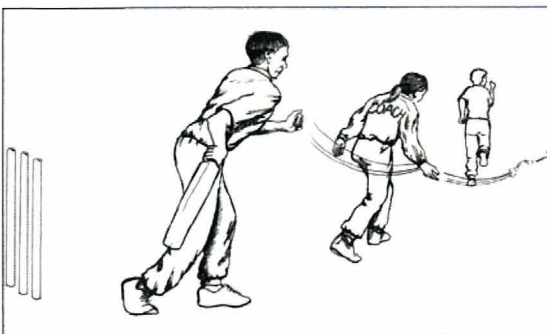
Bat Slide

Aims to get players sliding the bat, turning as quickly as possible for a second run, making decisions on the possibility of an extra run while mobile, and squeezing out an extra run.

- Players in pairs, one batting, one fielding. Three balls

are placed on tees just in front of the batter who can off drive, straight drive, on drive as desired. Batter hits, calls, runs, turns correctly and while mobile, calls **“YES”** or **“NO”** for a second run. Partner replaces the ball on the tee. After a while the players reverse roles

- Same set-up but this time as well as the batter there is a wicketkeeper and three fielders (off drive, straight drive, on drive) who make run outs possible. Set up the distance involved so that the second run is often possible



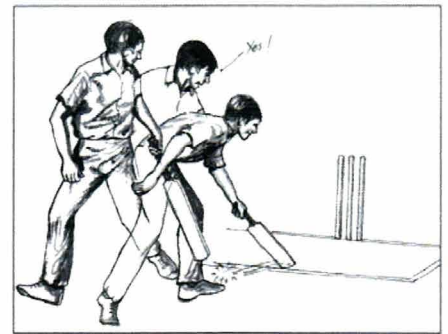
Making Decisions

Aims to get players simulating real match situations, and improving decision-making skills

- Set up as shown
- The coach throws the

ball away. One fielder purses the ball, then shies at the stumps, the other two backing up 10m behind the stumps. Assess the possibility of a second run (while mobile after turning) and react accordingly. One **“NO”** and the run is not on. Batter with best view makes the decision

- Same activity but five fielders two of whom cover the stumps
- Encourage team communication at all times



2 on 1 Drill

The ability to take or defend against the quick single is a cricket fundamental.

An elementary 2 on 1 situation would give a batsman experience in stroking the ball and completing the run, the fieldsman the practice in fielding and returning the ball to the bowler's end.

In this situation each player has only one decision to make. The batsman to hit and run, the fieldsman to gather and throw.

3 on 2 Drill

Introduce a second batsman and a wicketkeeper to give a 3 on 2 situation and you increase the alternatives.

The batsman not only has to consider his own safety but that of his partner. The fieldsman has to decide between two targets.

4 on 2 Drill

Complexity is increased by adding another fieldsman (4 on 2). The fieldsman now have to co-operate. Who can get into the best position to effect a run out? Who attacks the ball? Who backs up? They will need to consider lines of flight, interception points, transfer of weight, balance etc. Given a further condition of the batsman calling the traditional "Yes", "No", or "Wait", the practice provides all the elements of the quick single play in the "real" situation.

BUILDING AN INNINGS

Placement

- Look at gaps in the field
- Notice fielders – are they left or right-handed?
- Do fielders move in with the bowler?
- Are fielders alert – how fast are they?

Pace Of Shot

- Soft hands are vital; they create angles and determine how hard the ball is hit
- Singles can be scored by dropping ball short of fielders
- Non-striker must back up and be aware of game situation

Partnerships

- Both batters must be on the lookout for singles
- Try to turn ones into twos into threes
- Run aggressively between wickets
- Help each other through tough periods, rotate strike
- Encourage, don't criticise

Targets

- Be realistic; short, rather than long term
- Don't relax when reaching target; set new goals and go on
- Be aware of team needs
- Be patient



COMMON LAPSES CAUSING DISMISSAL

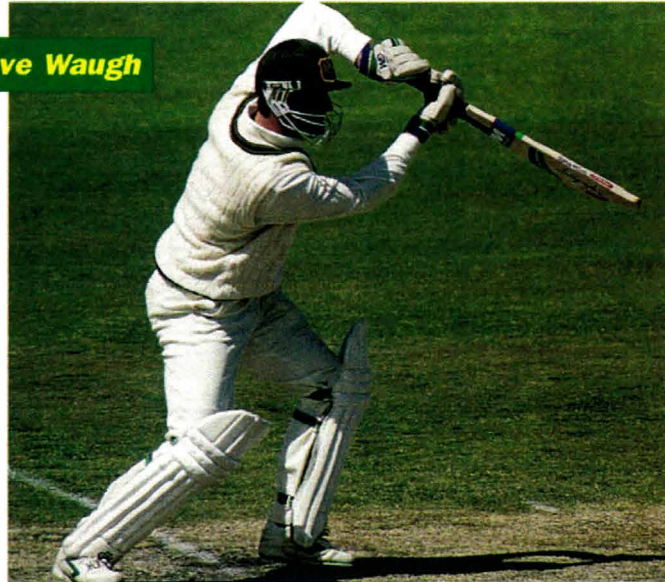
- **Concern about run rate – slogging**
- **Exhilaration over the previous shot**
- **Pre-deciding a shot or delivery**
- **A previous play and miss**
- **Thinking about non-cricket matters**
- **Relaxation after reaching a certain score (“I haven't failed”)**
- **Concern about “looking good” rather than toughing it out**
- **Thinking about a lunch break/coming back after a break**
- **Predicting getting out/rehearsing a dismissal**

Images

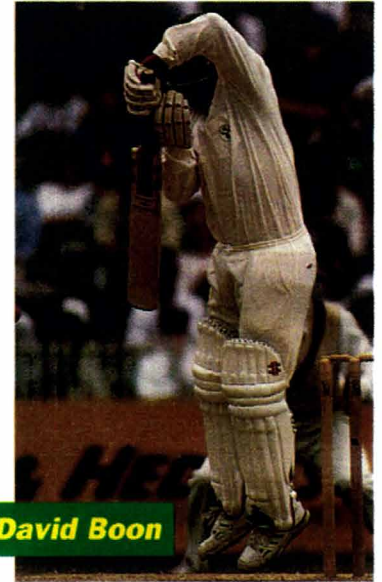
Batting styles vary from player to player but the successful ones stick to the fundamentals.



Steve Waugh

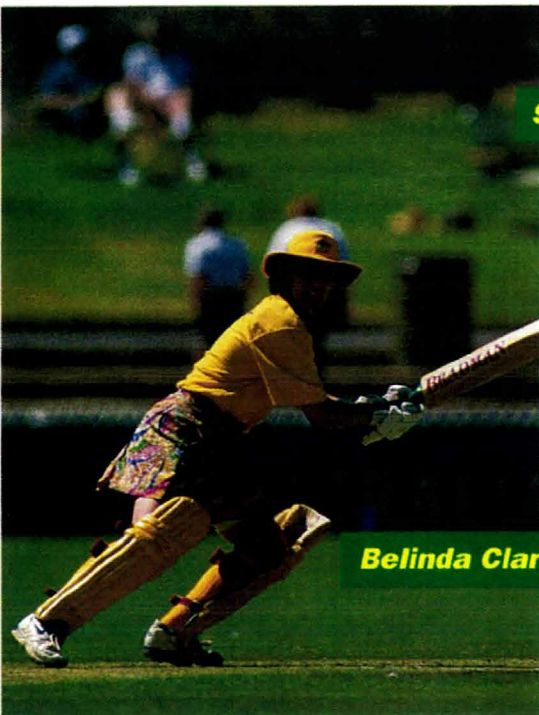


- The left elbow high and pushing through in the direction of the shot. Note also the head position, down, denoting fine focus on the ball.



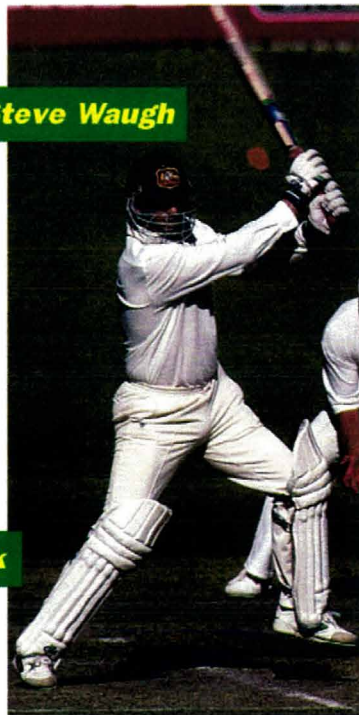
David Boon

- A perfect "figure nine".

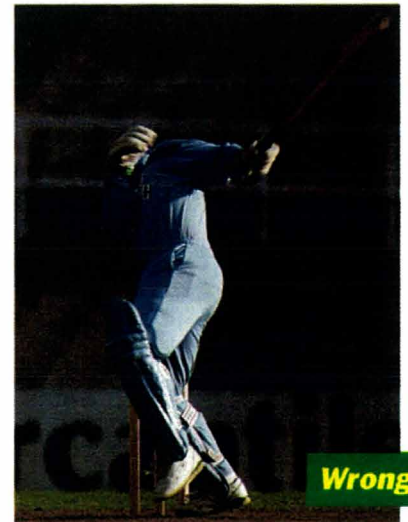


Belinda Clark

- The late cut is a more difficult shot than the square cut, and is best left until the batter is more mature.



Steve Waugh

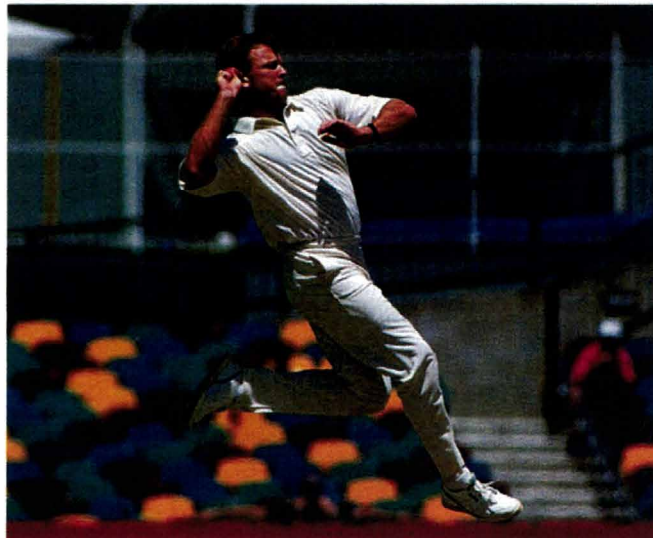


Wrong!

- This batsman has ignored the basic fundamentals in playing the short ball. He has taken his eye off the ball and as a result his evasive technique is incorrect, and dangerous.



BOWLING



With basic coaching anyone can develop a satisfactory degree of control when bowling. The old adage that bowlers win matches may well be true – this is most common in junior matches where technique and concentration on the batter's part are less developed. As bowlers progress through the ranks however, they quickly discover that both the wicket and the batters are better prepared. It is important then, that the coach instills in the bowler the desire to experiment and

learn new deliveries to capture wickets. The best place for this is in the nets where a particular delivery can be worked on consistently. As coaches we should urge our players to develop and maintain quality at practice. Good batters develop against good bowling and vice-versa; hence we must encourage all members of the team to improve their control of line and length regardless of the type of bowler they are. Success here will lead to greater enjoyment and effort.

Learning to Bowl

KEY POINTS

CONCENTRATION

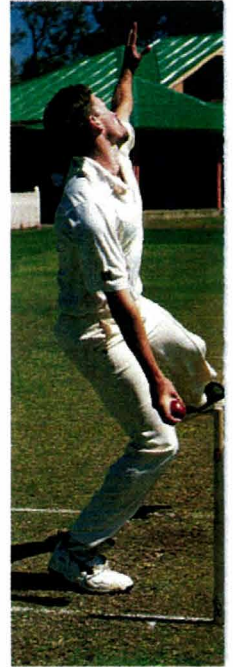
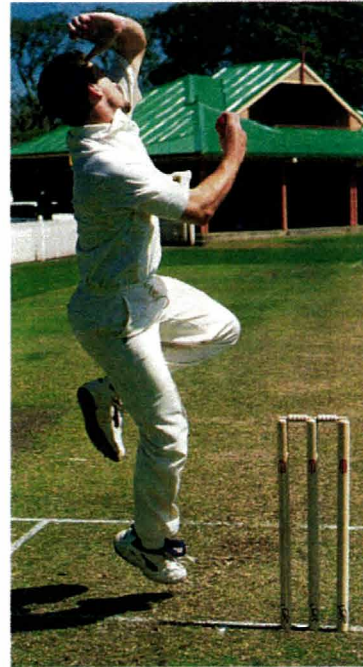
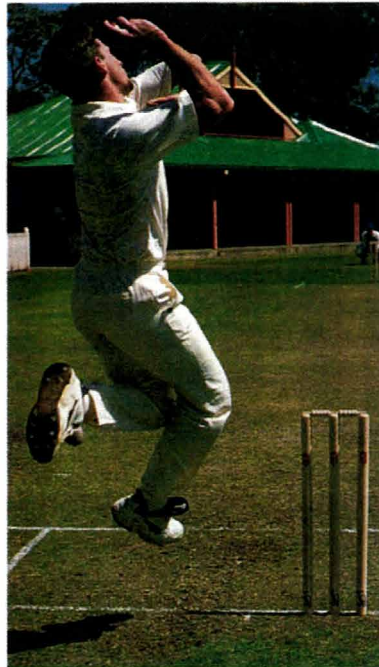
- Focus on the line to bowl

ALIGNMENT

- Keep the arms in close to body during run-up
- Be in posture (hips and shoulders in the same plane) at back foot landing
- Be balanced, keep the head high and steady, with eyes level throughout

POWER

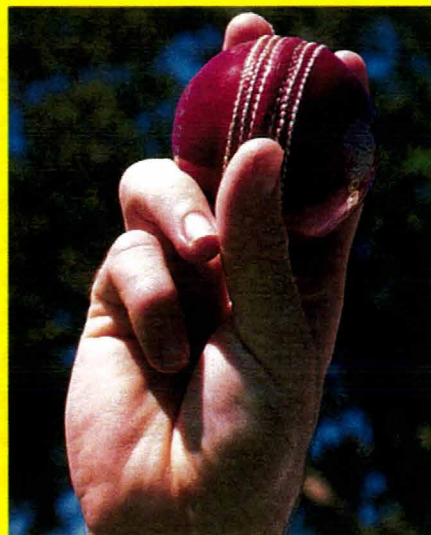
- Accelerate gradually in the run-up
- Jump into the delivery stride
- Pull the front arm strongly down the target line and keep the elbow close to the body
- Rotate the arms and shoulders as vertically as possible towards target

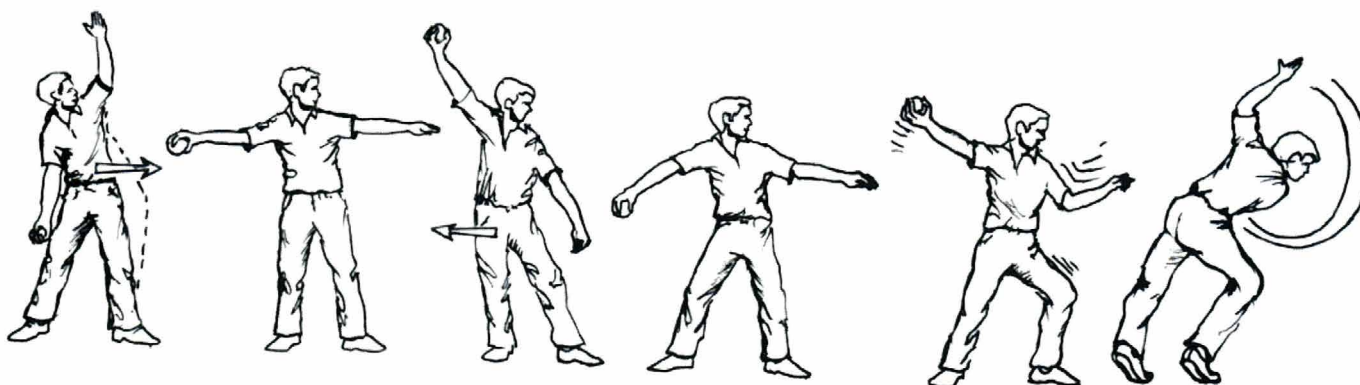
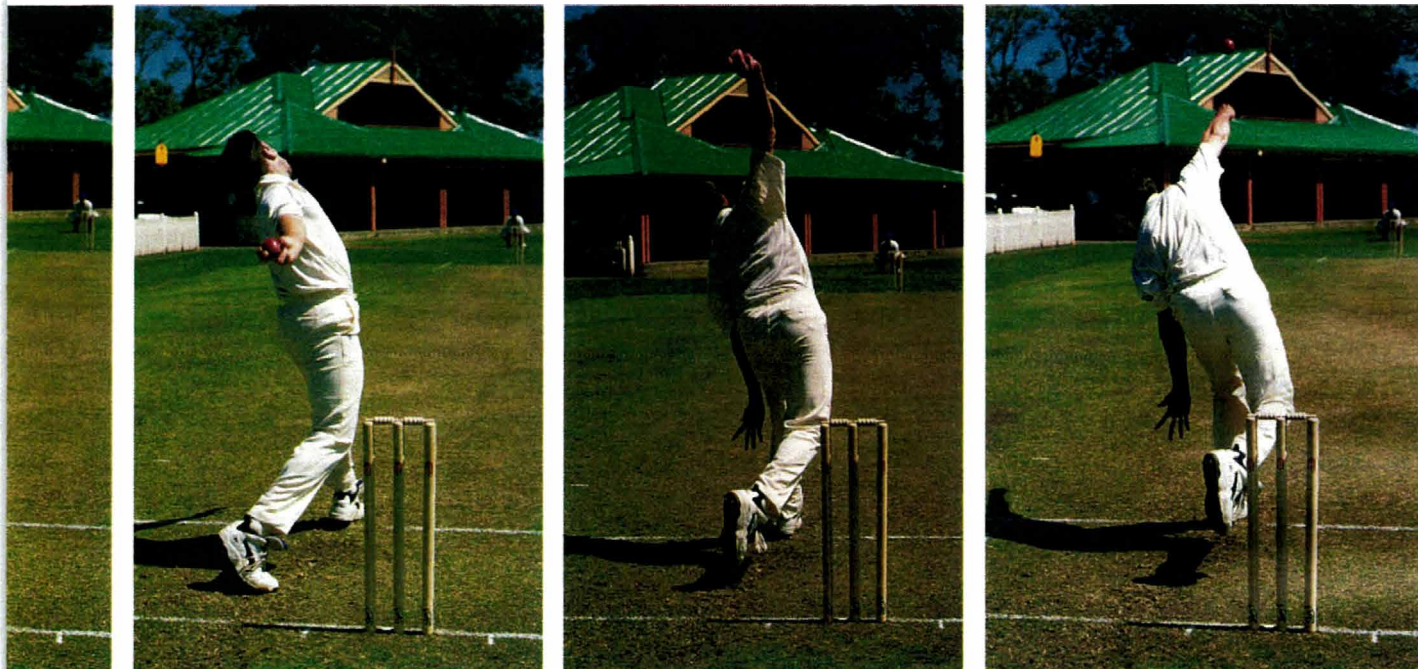


Firstly, the coach needs to identify the correct bowling arm through a variety of rolling/throwing games. Note those who throw off the same foot as their throwing arm (e.g. right foot/right arm) and remedy the error (e.g. left/right).

After demonstrating the basic grip (first two fingers slightly apart on the seam with the thumb on the seam under the ball), the following activities can be used to build a bowling action and run-up.

The Basic Grip





Rock and Bowl – Position

- Stand side-on with feet, shoulder distance apart
- Front-arm high and bowling hand beside the back leg
- Feet, hips and shoulders in line and pointing at batter
- Head level and turned to look at batter behind the front arm

Rock and Roll – Action

- Rock weight onto front foot then back foot (twice)
- Arms rotate 180° in time with transfer of weight
- Ball is bowled on third rock forward – front arm pulls down past left hip with bowling arm following across body

KEY POINTS

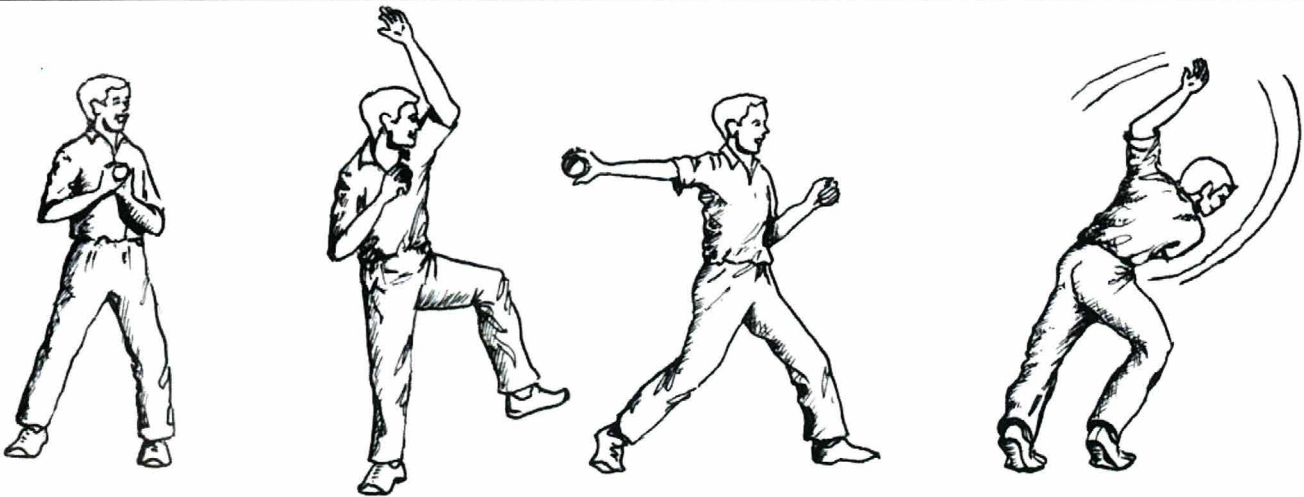
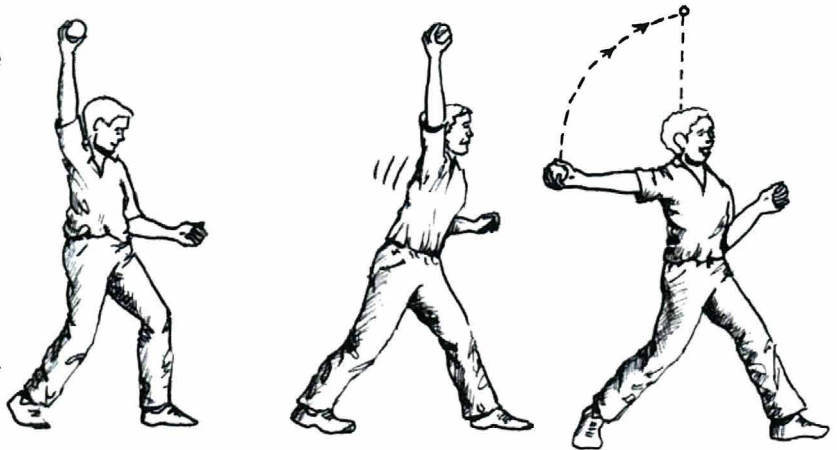
- **Keep head steady and eyes level**
- **Transfer weight**
- **Pull front arm down strongly towards hip**
- **Bowling arm should brush ear and then follow through across body**

BUILDING AN ACTION

After the technique of releasing the ball with a straight arm is mastered, the young bowler should progressively learn the correct lever sequence to develop an efficient action.

Wrist

- Stand with legs apart, weight on front foot, toe of back foot on the ground
- Tuck the front elbow in beside the front hip
- Start with the bowling arm vertical and release the ball with a wrist flick
- Gradually lower the bowling arm to horizontal (step by step), keeping the arm straight through the swing and release



Gather and Explode

- Stand with feet together. Hands in against the chest
- Lift the front knee up close to the body
- While stepping forward unfold the arms by rotating them in opposite directions
- When the front arm is up high, deliver the ball using the learned lever sequence

• IT IS IMPORTANT YOUNG BOWLERS EXPERIENCE THE “FEEL” OF THIS ACTIVITY AS IT CHALLENGES THEIR NATURAL BALANCE AND CO-ORDINATION.

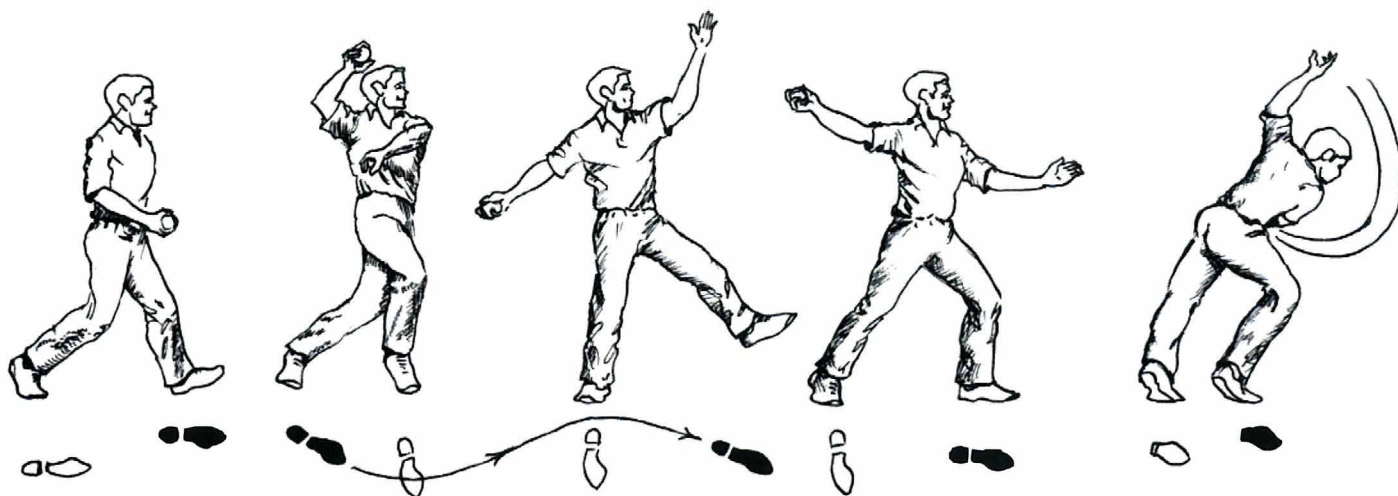
Pulling the Chain



- Stand with legs apart, weight on front foot, toe of back foot on the ground
- Reach for the sky with front arm, side-on, look at target behind front elbow, ball held next to back knee

- “Pull the chain” with the front elbow into the hip, catapulting the ball around through release
- Return to standing with weight on back foot, transferring to front foot, “pulling the chain” and releasing the ball
- Follow through with step and full body rotation

WALK UP AND BOWL



- Three paces from stumps, facing towards batter
- Walk forward, right, left, right, turn side-on and swing left leg across body to take up side-on position and bowl
- When moving into the side-on position – front arm is thrown high and bowling hand brought to the face
- Step across the body to face opposite direction after delivery

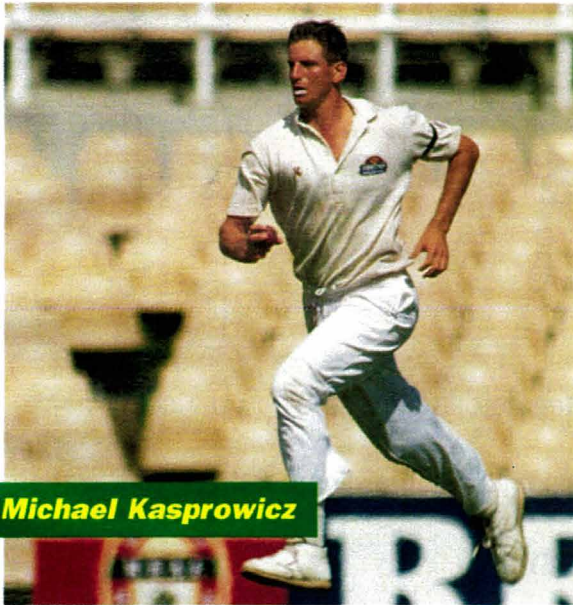
RUN UP AND BOWL



- Gradually build pace and distance into run-up and delivery (“steam train”)
- Measure the run by starting from crease with eyes closed. Run away from pitch and when it “feels right” jump and bowl. Note where the back foot lands, mark the spot and pace out from there to the crease
- Stay in corridor/move through a straight line

Images

Role models can provide young bowlers with useful visual pointers to some of the basic fundamentals.



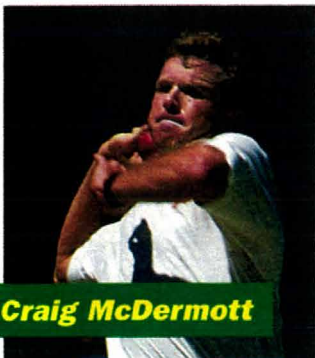
Michael Kasprowicz

- Run-up should be gradual – slow at first, building up to top pace just before delivery. Rhythm is vital.



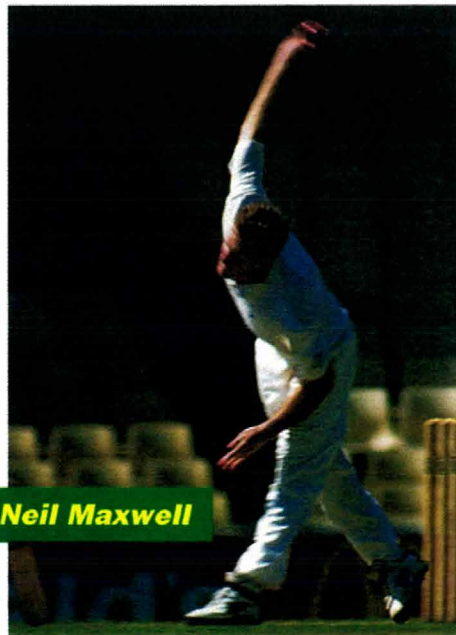
Paul Reiffel

- Jump into the delivery stride – land with back foot parallel to the crease for Side-on action.



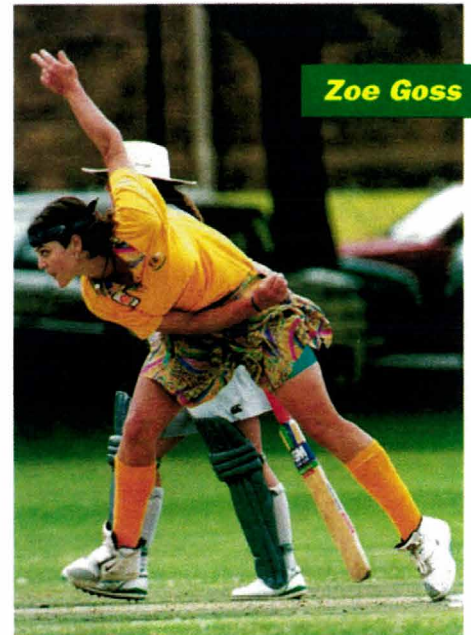
Craig McDermott

- Bring the ball up under the chin.



Neil Maxwell

- Pull down hard with the front arm. Brush the ear with the bowling arm when releasing the ball.



Zoe Goss

- Follow through hard with a full body rotation.

Pace Bowling

Pace bowling is one of the most important and exciting aspects of cricket. It is the major or contributing factor in changing the flow of the game and more often than not spearheads the bowling tactics of the fielding team. More than any other specific skill in the game fast bowling requires good technique and a high level of fitness.

AIMS OF THE PACE BOWLER

- Take wickets through control of pace, swing, line and length
- Bowl to a plan
- Make batters play at as many deliveries as possible

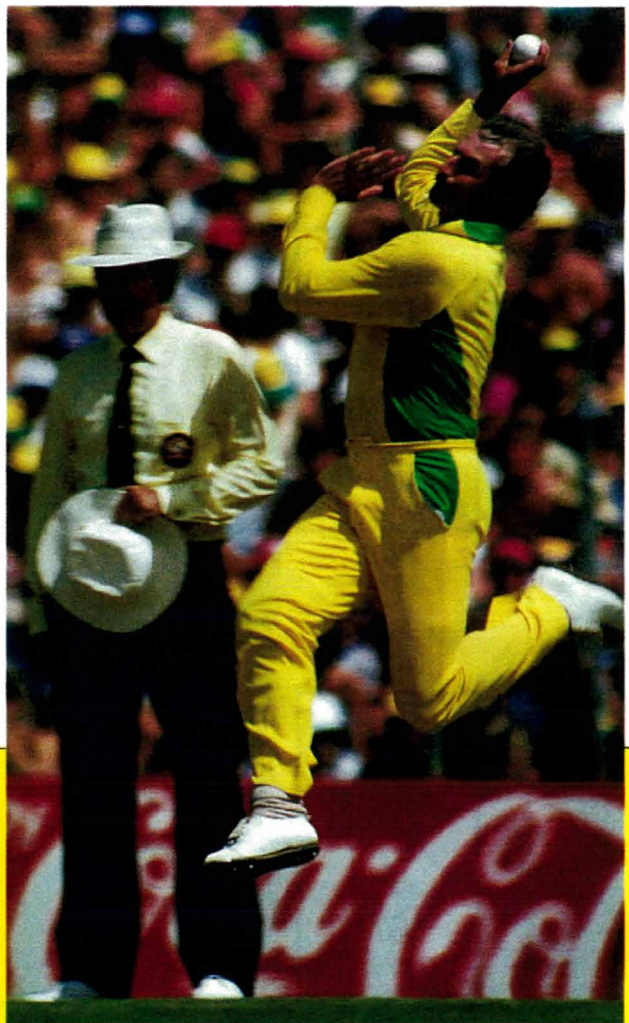
Whilst safety is always of paramount importance a youngster with genuine pace should be encouraged to utilise his ability within strict supervision both at practice and in matches.

As pace bowlers are generally impact bowlers the responsible coach will ensure they retain hunger and freshness by bowling in shorter spells with adequate rest periods. This approach to coaching and player management will also enable them to diminish injury and fatigue.

INJURY

“Fast bowling is an exciting part of our game. It is also a strenuous activity that places bowlers at risk to injury. Fast bowlers who try to bowl too fast, for too long, at a young age, increase the chances of injury occurring.”

– Dennis Lillee, former Australian fast bowler and Head Coach, Pace Australia.



Injuries in pace bowlers occur as a result of three factors:

- Poor physical preparation
- Overbowling (training/matches)
- Poor technique

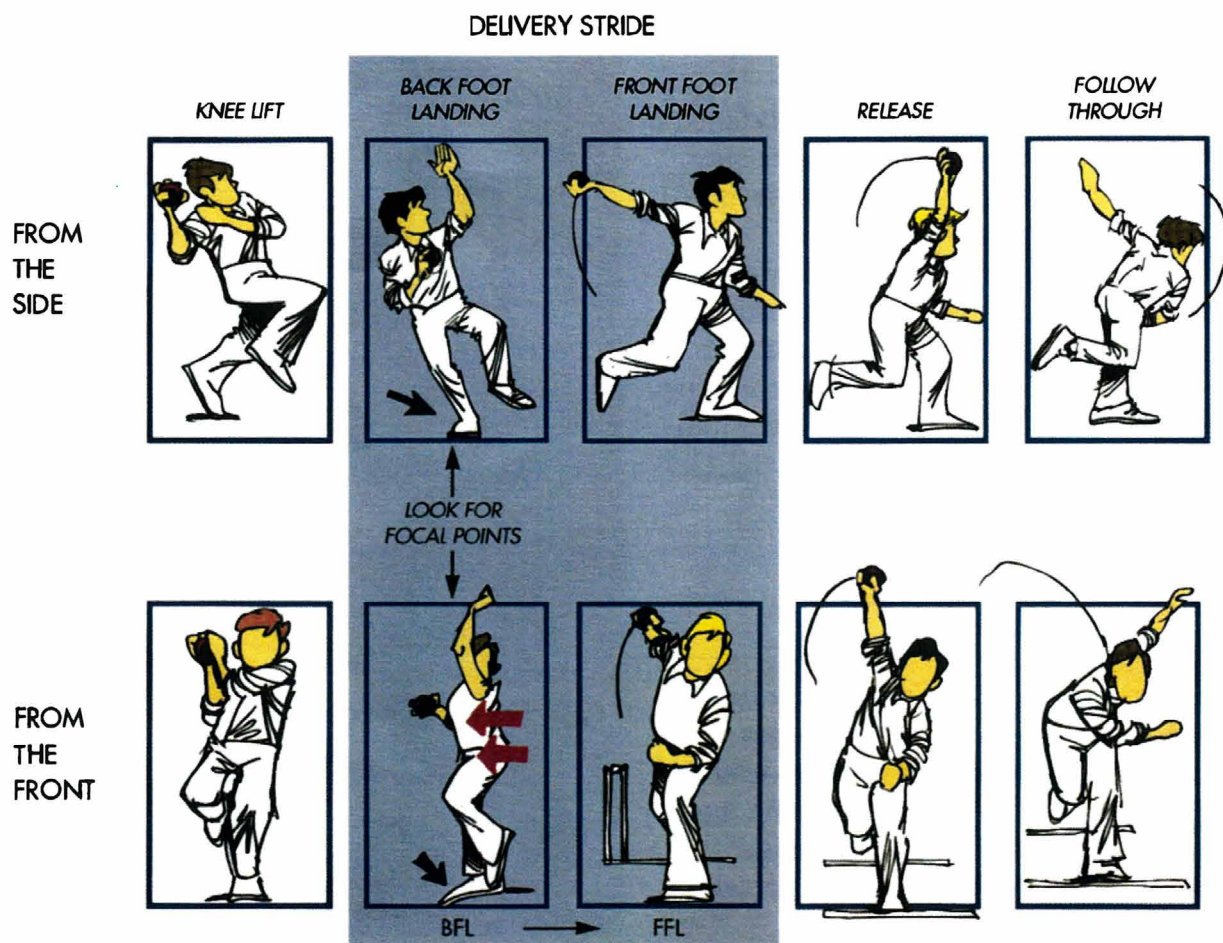
Poor techniques led the Australian Cricket Board's National Coaching Committee to produce a program called SPOT, which should be understood by all coaches before they move on to coaching pace bowlers.

PLEASE TURN TO PAGE 61!

The Basic Actions

There are two recommended bowling actions that are considered “safe”– that is, where the hips and shoulders are in alignment and the spine is under the least amount of stress. They are the Side-on action and the Front-on action.

SIDE-ON



KEY POINTS

- The back foot parallel to the bowling crease and stumps at back foot landing
- Hips and shoulders pointing down the wicket at the batter
- The bowler is able to look through the extended front arm as the back foot lands

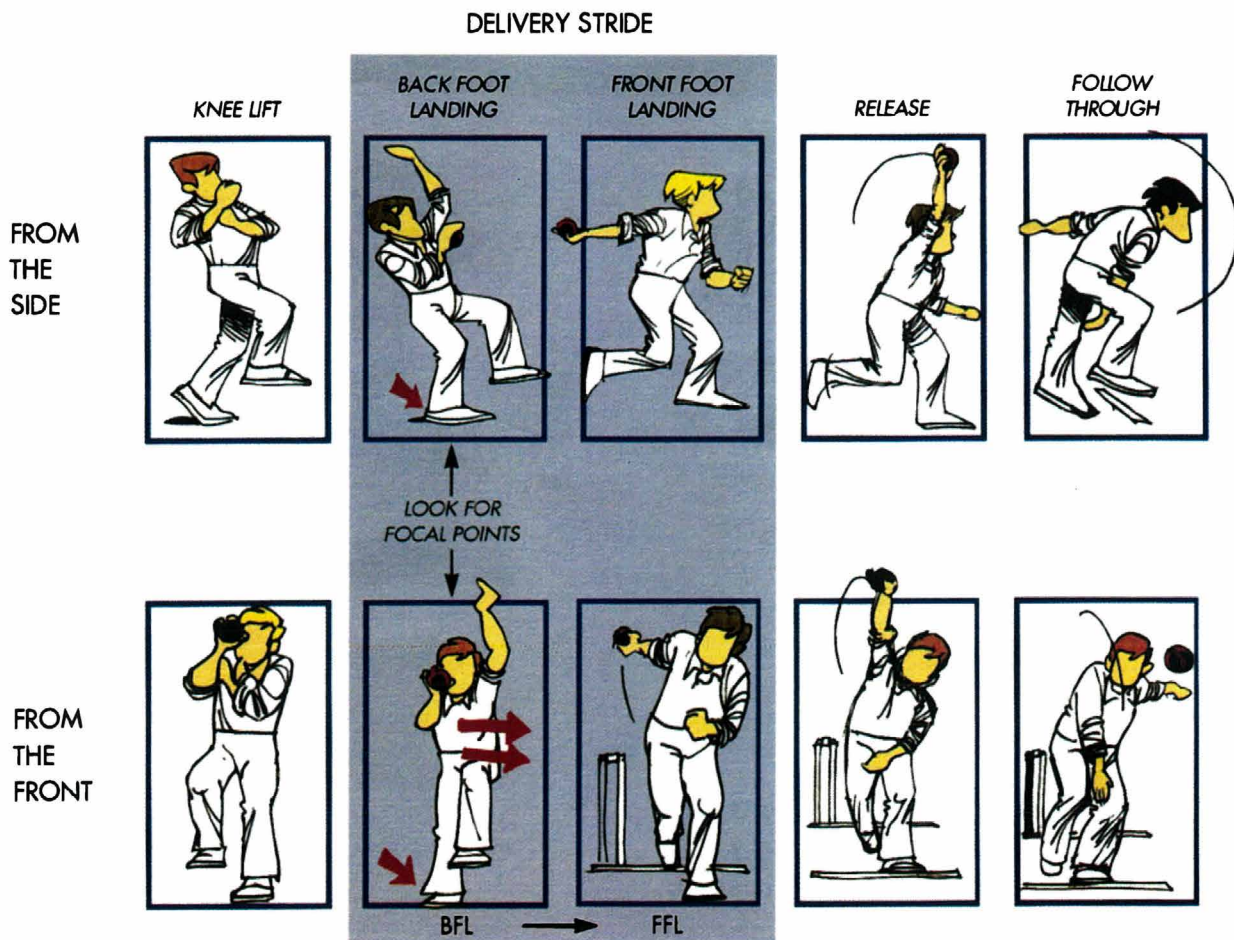
DON'T FORGET THE GRIP!



- Basic grip with first and second fingers slightly apart on the seam with thumb on the seam under the ball
- Ball is held out in the first two joints of the fingers
- Grip must allow the ball to be released with the seam in upright position

To check the grip, stand the young bowler in front of a mirror. Bring the arm over slowly using the normal delivery action. Stop the hand at the point of delivery and note the position of the hand and seam. A slight adjustment of the ball in the fingers may be necessary to bring the seam upright at the point of delivery.

FRONT-ON



KEY POINTS

- Both feet pointing towards the batter at back foot landing
- Hips and shoulder pointing across the pitch
- Bowler able to look inside the extended front arm as the back foot lands

THE RUN-UP

During the Run-up the head should remain steady with the eyes level. Establish a target line or channel with a target spot e.g. where you want the ball to pitch. Maintain your focus on the target spot, and your body levers moving down the target line.

To gain the most from a Run-up it needs to be comfortable, economical and above all balanced. Young bowlers should be encouraged to utilise their natural running style when approaching the wicket.

The Run-up should gradually increase in speed, smoothly accelerating, until 2-3 steps from the

delivery stride when the Run-up slows marginally to allow the bowler to gather into the delivery position with a safe posture.

During the approach to the wicket and delivery try to keep all body parts moving in the direction of the target. To do this the arms and hands must be kept in close to the body during the approach and delivery. This will ensure bowlers can obtain maximum pace with the most economical action. Keep the arms pumping forward and back with the elbows in during the approach, not swinging across the body. The Run-up should be direct to the wicket.

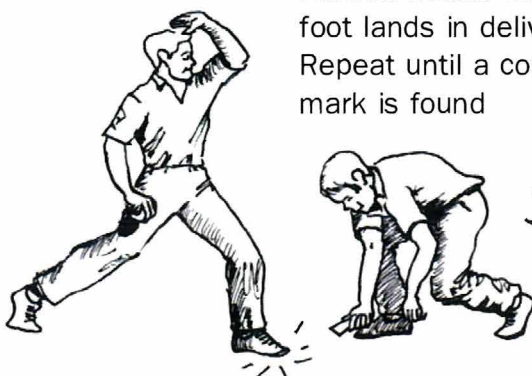
RUN-UP DRILLS



The following can assist in measuring a bowler's Run-up:

- Bowler starts from set mark. With eyes closed, build momentum and bowl when "ready"

- Partner marks where front foot lands in delivery. Repeat until a consistent mark is found



1ST MARKER

- Regular walking steps are used to measure the run-up



2ND MARKER

7 STEPS TO A SMOOTHER RUN-UP

1 A method of regaining lost rhythm is for the bowler to "point the nose towards the ground more" and concentrate on a balanced running style

2 The Run-up should be a length which results in the front toe just breaking the popping crease to avoid no balls. When bowling a quicker ball, start a little back from the bowling mark if no balls are a problem

3 A Run-up that is too slow will lack follow through and will reduce pace. A Run-up that is too fast will make it difficult to get side-on in the delivery stride

4 Run-ups need to be re-measured as bowlers grow or if no balls persist

5 Measure the Run-up with the heel on the back of the crease line. Practise getting the pacing correct

6 Always commence the Run-up from the same foot. Know the number of running steps you take and the rhythmical timing of each step in the sequence

7 If extreme difficulty is experienced with the Run-up, the coach should note the position of each step during the Run-up when it is made with the eyes closed. Placing a marker at each step will assist the bowler develop rhythm when the eyes are opened.

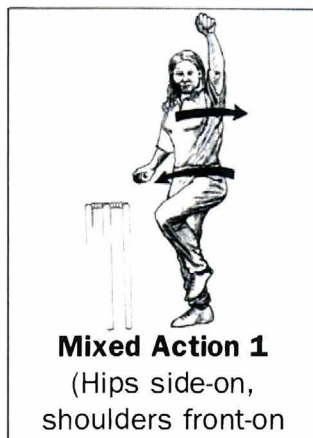
TECHNIQUE

Whatever the action style **it is important to keep the hips and shoulders aligned.**

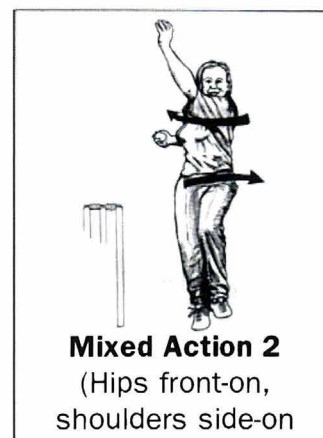
Being out of posture results in a mixed action.

This is where the bowler's hips and shoulders are pointing in different directions at back foot landing.

A mixed action should be avoided at all costs.



Mixed Action 1
(Hips side-on,
shoulders front-on)



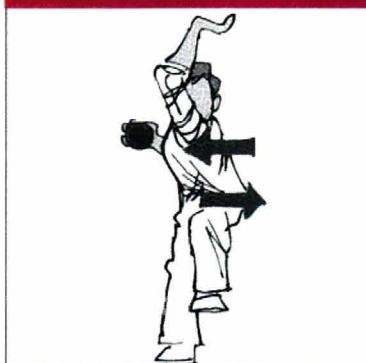
Mixed Action 2
(Hips front-on,
shoulders side-on)

Good posture in other activities and regular life is also important.

The most common mixed action occurs when the upper body is front-on while the lower body is side-on (back foot and hips in Side-on position, shoulders Front-on) at back foot landing.

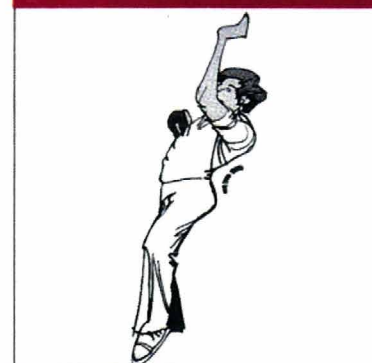
After back foot landing there are two types of upper body movement which increase the risk of injury to the bowler:

COUNTER-ROTATION (twisting of the trunk)



This involves the shoulders swinging around from an open position at back foot landing to Side-on, then back to open again to release the ball.

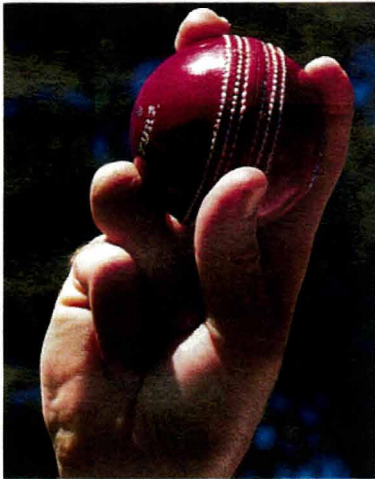
HYPER-EXTENSION (arching the back)



This unnatural bending puts extra stress on the spine as it is twisted during the bowling action. It occurs when bowlers are striving for extra pace or trying to spin the ball harder than normal.

Swing Bowling

THE OUTSWINGER

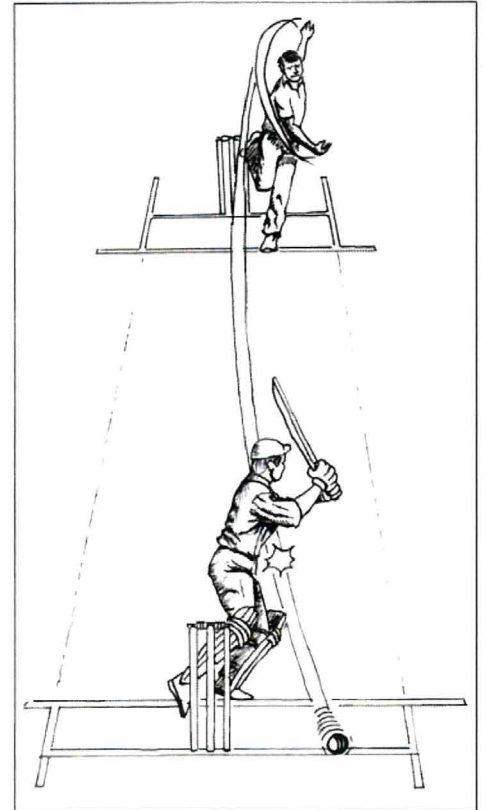


Outswing refers to the ball leaving a right-hand batter towards the slips. A Side-on position during delivery is the most natural method of bowling this delivery with an emphasis on the use/adjustment of the seam by the fingers and wrist.

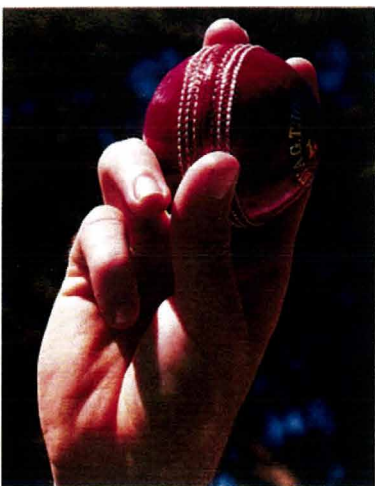
If the fingers push down on the ball on release the seam will wobble during flight and negate swing. By delaying the wrist action and using the fingers like the bristles

of a paint brush the seam will remain upright during flight and the ball will swing.

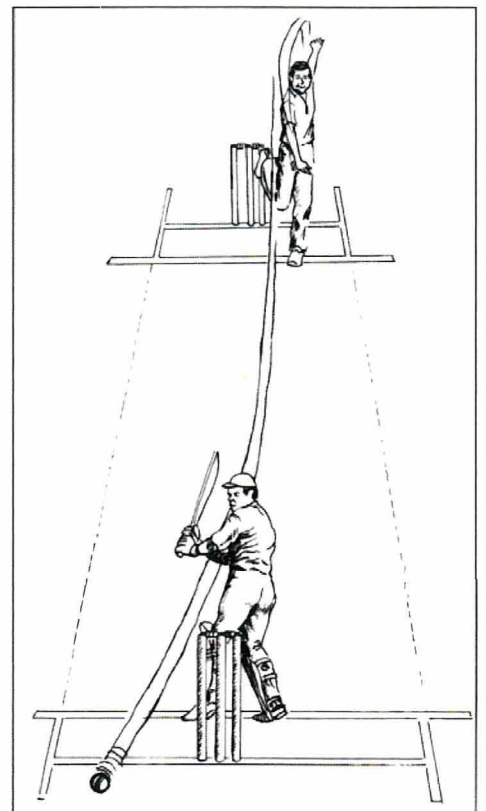
At the point of release the bowling arm should be high but not brushing the ear. The follow-through should be strong and across the body.



THE INSWINGER



An inswinger moves in towards the batter from off to leg. A more Front-on position is needed for inswing bowling with the feet pointing down the wicket in the delivery stride. The seam should be angled towards leg slip and a high arm used so that the bowling arm can be brought down the same side of the body (i.e. right side for right-arm bowler). Pull down on the seam to keep it upright.



KEY POINTS

(Outswing)

- Point seam towards first/second slip (to right-hand batters)
- Release ball off index and second finger
- Position shiny side of ball to leg side (to right-hand batter)
- Follow through across the body

KEY POINTS

(inswing)

- Point seam towards fine leg
- Release ball off middle finger
- Point thumb towards batter
- Position shiny side of ball to off side (to right-hand batter)
- Follow through down side of body

Bowls too short

X usually caused by a collapse of the front leg in delivery or from dropping the head.

- ✓ Encourage bowlers to develop a high arm action and braced front leg while focusing on the base of the stumps throughout delivery. Stationary, stand and bowl, or reduced run-up bowling will help here, as the cause may simply be a late or delayed ball release.

Lack of follow through

X Results from bowlers not gathering enough speed during the run-up or from propping at the crease.

- ✓ Coach should build more speed in the approach and follow through past a marker 3 - 4 strides down the wicket. A consistent stride length should be established. Focus on getting the back hip up and over to increase the follow through.

Falling away in the delivery

X The position of the front foot is the most likely cause but it could be a combination of angled run-up, head not level, collapsing into the back knee, front arm being pulled out rather than down to the hip, not side-on in delivery, the front foot pointing toward gully rather than leg slip.

- ✓ Video the bowling action to determine the major cause.

Seam not upright

X Results from incorrect grip or movement sideways of the wrist at the moment of delivery.

- ✓ A cue for the young bowler is the palm of the hand should point in the direction of the intended swing at release.

Angled run to the wicket

X Usually leads to bowlers falling away in delivery or running on the wicket. Young bowlers usually angle the run to get into a side-on position. This is best achieved by a faster approach and higher jump into the delivery.

- ✓ Coach should place markers in a more direct line to the stumps as a path for the bowler's approach.

Run-up too long

X Leads to bowler wasting energy and not gradually accelerating during approach. Variations in run-up speed or stutters in the run usually result.

- ✓ Coach should reinforce the method for establishing a run-up - markers or verbal cues for various stages of the run-up.

Inconsistent line

X Generally caused by incorrect use of the front arm or not focussing with the head level.

- ✓ Encourage the young bowler to throw the front arm down the target channel to set up the correct line of the bowling arm. Markers placed as a channel in line with the off stump as a target will be useful.

Seam, Cut & Variations

The skills involved in cutting the ball are different from swinging the ball and more closely aligned to spin bowling. As bowling Leg cutters and Off cutters is difficult to learn, much work must be done in the nets.

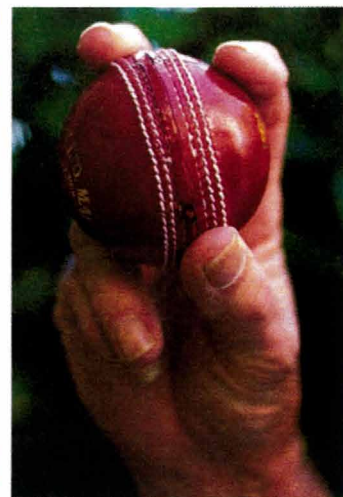
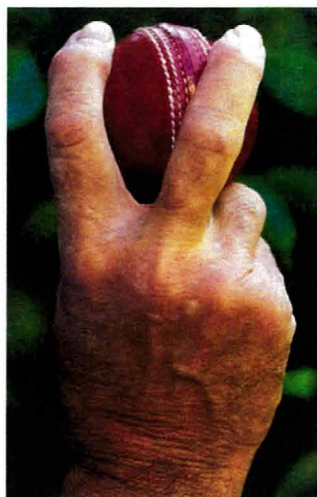
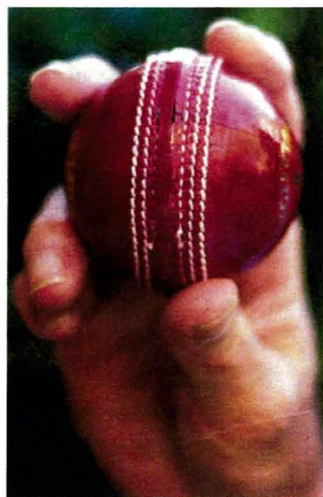
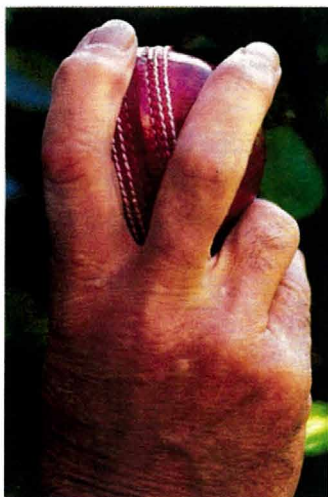
The coach must be aware that these should not be overpractised to the detriment of the swing bowling technique.

Practice sessions should always conclude with work on the "stock ball" so that it develops into a "natural" delivery for the bowler.

Cutters are more effective when bowled on softer or crumbling wickets which will help the ball deviate more.

Different bowlers use various methods to bowl cutters, hence young bowlers should experiment to determine which method or grip suits them.

Because young bowlers often have trouble altering their grip due to small hands, it may be better for them to keep the fingers closer together when cutting the ball.



THE OFF CUTTER

- In effect this ball is a fast off break
- The first finger does the work
- Bowled with an Outswing action

The first finger is placed down and along the inside of the seam with the second finger spread wider on the leather. The ball is held further back in the fingers than for the Outswinger. At the point of delivery, the wrist is brought down towards backward square leg

THE LEG CUTTER

- Similar to a fast leg break
- The first two fingers do the work, particularly the middle finger
- At the point of delivery the wrist and fingers are brought down the off side of the ball

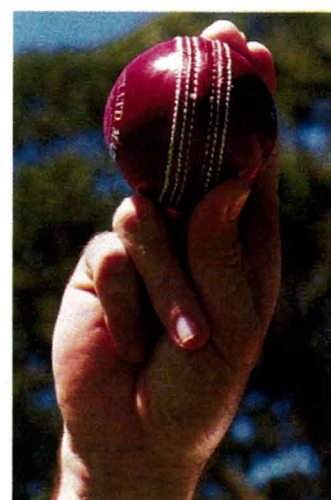
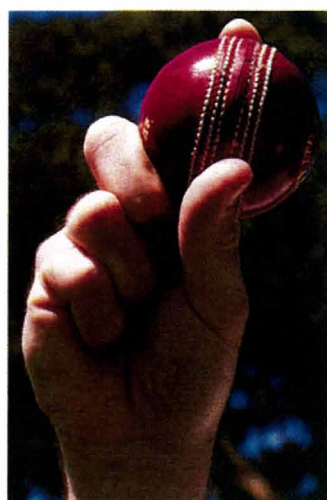
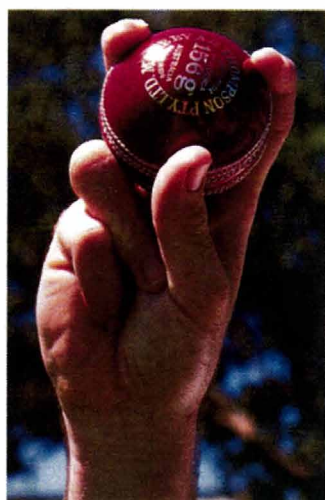
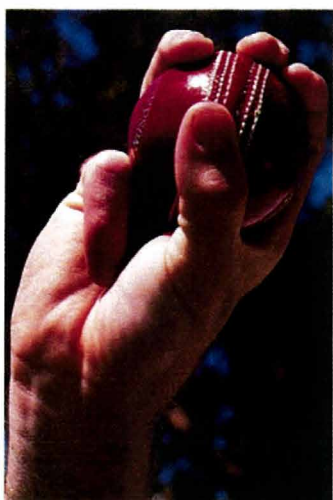
SLOWER, QUICKER BALLS

Subtle variations in pace should be developed to increase the bowler's effectiveness on all types of wickets, especially those which tend to favour the batter.

Slower balls can be bowled in a variety of ways. Methods include gripping the ball in the palm of the hand, "knuckle" balls, the Merv Hughes "leg spinner", half grip ball and one where the

ball is held back further in the fingers with the wrist moving as if you were bowling an off cutter.

The easiest and most subtle way to bowl a quicker ball is to develop a "flick of the wrist" at delivery similar to that used when throwing. More aggression with the front arm will also produce a quicker delivery.

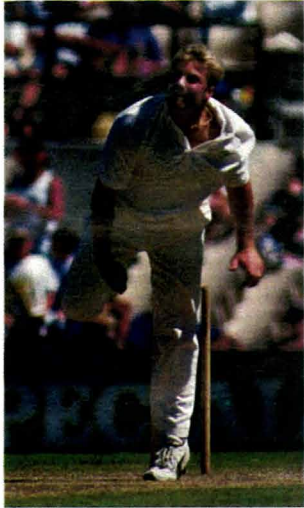


TIPS ON USING VARIATIONS

When using variations, remember:

- Yes, variety is important – but don't overdo it
- Master your stock ball – and base your attack around it
- Subtle variation has more chance of dismissing a good batter than an obvious change
- A deviation of only half a bat width is enough to produce an edged shot
- Tactical variations can also reap rewards (e.g. a change in the field)
- As the ball gets older, the shine on the ball needs to be preserved. Wet one side of the ball using perspiration or saliva, allow it to dry, then polish it vigorously on that side. Keep the seam clean and pay particular attention to the shine close to the seam
- Bowling into a breeze increases the swing of the ball. Faster bowlers may prefer to have the breeze behind them. A breeze from the leg side assists an outswinger; a breeze from the off side assists an inswinger
- Swing bowlers should keep the ball up, enticing front foot drives
- An upright seam maximises swing and produces unpredictable variation off the stitch (seaming)

Spin Bowling



Whilst spin bowling is only one facet of cricket, it is arguably one of the most important and contentious. In the past, the scoring of runs pre-determined the use of spin bowlers resulting in tactics that became increasingly conservative and frugal. Spinners were coached to “bowl tight” and were selected accord-

ingly. The emergence of Shane Warne has transformed the philosophy of spin bowling around the world and altered the tactics and

selection of national and first-class teams. It is a healthy aim for cricket coaches to encourage spinners back into the game at all levels and provide long term support programmes for coaches and selectors to ensure these key players reach their potential. The first and most important consideration for the coach of the young spinner is the understanding that each bowler is different ... be it grip, method, ability to spin the ball, speed, air trajectory etc. What is paramount is effectiveness against competent batters. Therefore in assessing the potential of young spinners, the coach must have an eye to the future, for it is a fact that young batters play spinners poorly and statistics in junior cricket can often provide an inflated profile of a bowler.

KEY POINTS

Spin is very important. Young bowlers, both off and leg spinners, will have a tendency to “roll” the ball out because their fingers are not strong enough to give it a real “tweak”, and also because they will achieve greater control with the ball further back in the palm of their hand and not in the end of their fingers.

As will be explained later, Spin is the way bowlers achieve Loop.

Length is the variable that coaches must be very aware of. Young batters have great difficulty playing any delivery above eye level and as a result are different players when facing spinners, so young bowlers snare many wickets simply because they throw the ball into the air, with little spin, loop or body rotation.

When transposed to more sophisticated cricket, this method achieves little success because batters can use their feet and get to the ball on the full. Length is also the difference between Loop and Lob.

Rotation (of the body) represents the part of the spinner’s bowling action that will enable him to achieve “loop” and pace off the pitch. Because of the aforementioned weakness in junior batters, zip and loop are not often needed to secure wickets; but on pitches less conducive to spin against batters prepared to change the length by moving into the ball, a strong body action is necessary to achieve consistent success at the higher level.

The Deliveries

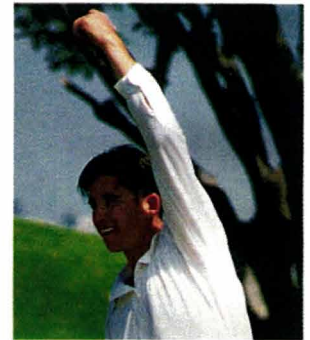
Two types of spinners have evolved over the history of cricket.

THE FINGER SPINNER

Also known as the Orthodox Spinner, he relies on his index finger to spin the ball. Right-arm bowlers spin the ball from the off to the leg and are known as Off Spinners.

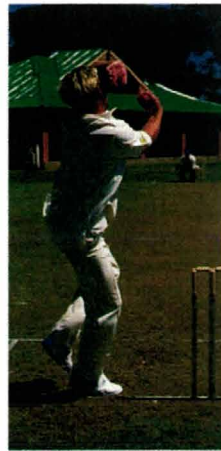
Left-arm bowlers spin from the leg side to the off side (to the right-hand batter) and are referred to as Left-arm Orthodox Spinners

The other type of spin bowler uses his wrist more than his fingers to spin the ball.



The simplest illustration of left-arm spinners is to observe a mirror-image of their right-arm counterparts.

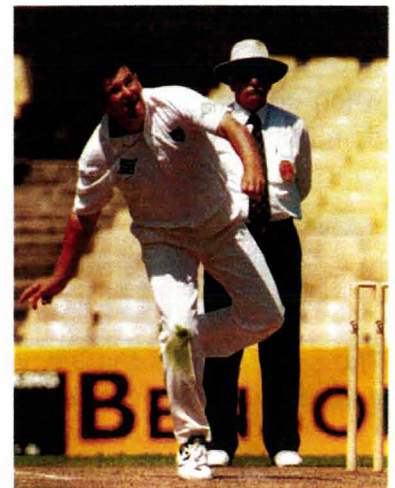
THE WRIST SPINNER



Right-arm wrist spinners turn the ball from the leg to the off side and are known as Leg Spinners.

Left-arm wrist spinners are referred to as Chinaman bowlers and turn the ball from the off to the leg side (to a right-hand batter).

The grips and mechanics of delivery for wrist spinners and orthodox spinners is very different although their methods and tactics are very similar.



The Grips



THE LEG BREAK

The leg spin grip has the seam of the ball in the index, second and third finger, and the ball is spun off the first knuckle of the index and third finger. The ball is very firmly in the fingers and the back of the hand faces the inside just before delivery and finishes up facing the bowler's head when the ball has been released; the ball spins from leg to off. The spin is anti-clockwise and is a combination of side spin and over spin; the seam of the ball points to gully as it goes down the pitch.

THE TOP SPINNER

Another variation in the leggie's armoury. The back of the hand points towards the batsman when delivery is complete. The ball should not spin but go straight on and because of the overspin bounces a little higher than normal.

THE WRONG'UN

The same grip as the leggie but the hand and wrist come right over so the back of the hand faces the ground when the ball has been released. Instead of being spun off the index

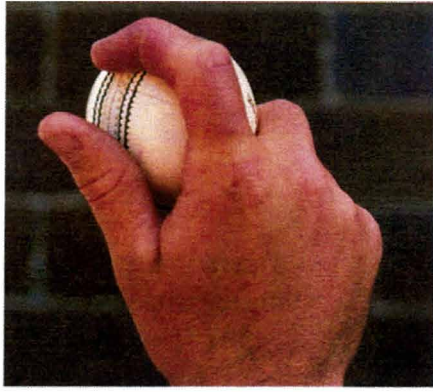
TIP

Good coaches will stress to pupils who want to start on a career of over-the-wrist spinning that there is no short cut to success in any department of cricket, and this applies especially to this type of spin bowling.

and third finger it is spun mainly off the index finger. The seam points to fine leg on the way down the pitch. This is one of the leg spinners variations, or "tricks". The wrong'un is meant to appear like a leg spinner but actually turns in from the off, hopefully trapping the batter leg before or bowled.

Spinning To Win, and the

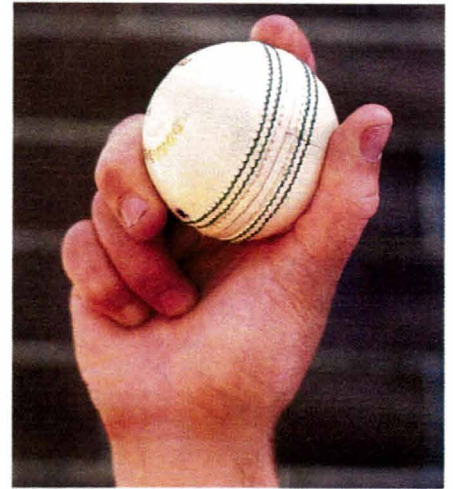
- As young players develop at different ages they will grip the ball in a way that "comfortably" allows them to spin it. If they are achieving good spin then don't change them, however unorthodox their grip may be.
- Coaches must emphasise the role of the wrist, particularly for leg spinners. A correctly cocked wrist will facilitate good side-ways turn and loop, but watch for the pre-cocked/tense wrist that will stifle natural wrist rotation and spin.
- Spinners must spin the ball hard if they are to have a future. Our aim is to develop attacking spinners – we must encourage them to spin the ball.
- Spinning the ball into the air as hard as possible achieves loop, a vital ingredient in spin bowling; it is possible for spinners to bowl tidily with a flat trajectory and so conserve runs, however, when looking to the future, these bowlers have little potential.



good check of an off spinner's correct posture at release is their non-bowling arm which should be in a "shaking hands" position. This will keep the head and body upright.

ARM-BALL

The exponents of this delivery have the ability to make it appear just like an off spinner to the batter. In fact as the ball floats towards the slips, it can have the same deceptive effect on the batter as does the leg spinner's wrong'un – he plays for the wrong spin, and therefore down the wrong line.



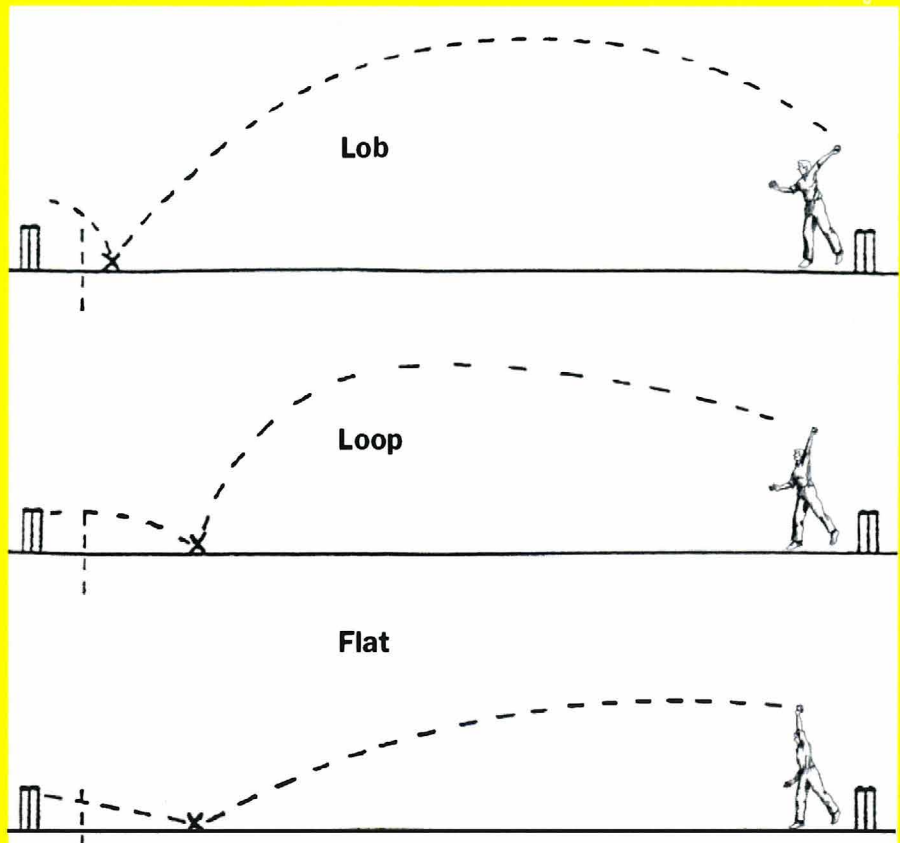
THE OFF SPINNER

The ball is held firmly, with the index finger the main one used in imparting the spin. Make certain that the back of the hand faces to mid wicket (in the case of a right-hand bowler) when the ball has been delivered.

The off spinner may deliver the ball from a higher position because his wrist position is more easily accommodated by brushing the ear and ripping the fingers down the outside of the ball. A

Secrets Of Loop

- To consistently achieve loop, spinners must keep their heads upright and vertical on delivery; this will keep their chest and shoulders square-on at release, thus enabling their bowling arm to rotate at the best angle to achieve the spin they need.
- The key factor in keeping the body upright and the eyes level on delivery is the length of delivery stride, particularly with orthodox spinners (e.g. off spin). The shorter the stride the more stable the front leg will be, thus enabling bowlers to keep their heads steady and to release the ball from a position comfortably wider than the vertical, and not behind the head.



Spin Checklist



LEG SPINNER



OFF SPINNER

- Closely **check body rotation and follow through.** The orthodox spinner, because he delivers the ball from a higher delivery angle, will rotate strongly over, and then around the front leg with a shorter delivery stride and follow through than will the leg spinner. This enables the off spinner to achieve maximum spin, and some drift away from the bat. The leg spinner will achieve maximum turn from the leg if the bowling arm is slightly off the vertical. A strong follow through across the body is vital to “flick” the ball out and “fizz” it off the pitch.

- A weak follow through will result in a lack of pace off the pitch enabling batters to play cross-batted shots to

be hit down the ground. He must be able to come to terms with the tactic that he is bowling to be hit in front of the wicket – he must entice batters forward by continuing to throw the ball up into the air. An aware coach will discern whether his young spinner’s length and zip, not always fruitful against junior players, will hold him in good stead bowling to more competent batters in the future.

- **Don’t fall into the trap of setting “wicket-taking” fields for junior batters on synthetic surfaces** – that is, trying to snare catches behind, and square of the wicket against hesitant batters facing high, bouncing deliveries. Such methods have no future against competent players.

balls that ought to be drawing them forward, thus severely disrupting conventional field placings. A strong follow through not only provides necessary pace and fizz but it also signals an action with good rhythm.

- As a coach, your prime obligation is to encourage your young spinner to

- **Developing a spinner’s “bag of tricks”** can happen anytime in a young spinner’s career, but beware – while young spinners may be capable of “delivering” wrong ’uns, arm balls, top spinners, under-cutters etc., their effectiveness can be greatly reduced by a lack of control and pace off the pitch. That’s because they do not have mature physical strength, the vital ingredient when manoeuvring the wrist into position to deliver variations.

- **A most effective variation** for spinners of all ages, and one easily practised, is a **change of pace.** If a young bowler is taught to understand the subtleties of changing his pace, he will be able to bowl competitively without losing control by attempting variations beyond his maturity and experience.

- **Encourage young spinners to experiment and practise,** but don’t get carried away with the odd success and proclaim the young spinner the “next Test Bowler”.

Emphasis should be on the consideration of their basic action and standard delivery, bowling with consistency of line, length and spin until they can translate off field experimentation into on field effectiveness. Monitor their progress one step at a time and don’t expect results overnight.