Spin Bowling Session #4

Equipment required: Cricket ball, cones or similar and some tape.

Objective:

Use different angles at the crease for 6 different deliveries in one.

Session:

Set up some stumps (if you have them) if not, use anything you can find together with the tape to create a crease.

The goal of this session is to bowl the same ball but from 6 different positions on the crease, therefore changing the angle to the batsman. There are 3 positions from over the wicket and the same from around the wicket: Mid crease, Wide and close to the stumps.

To practice this drill, you need to mark your run up but add in additional marks for wide and close (assuming your main delivery is from mid crease). Do this for both OVER and ROUND the wicket.

You should then have 6 different marks to run in from. It is important you don't run in from the same place and adjust at the crease as this can lead to poor alignment. We are trying to bowl the SAME delivery each time, no variations!

If you don't have the space to bowl you can still try this without actually delivering the ball. For additional help you use some tape on the floor at the crease positions to help with alignment.

Practice each one 6 times and then go through a random 18 ball sequence.