Spin Bowling Session #6

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

Objective:

Improve and develop your accuracy.

Session:

Set up some stumps (if you have them) if not, use anything you can find together with the tape to create a crease. If you have space then a full wicket, if not you can bowl at a wall/net etc.

The goal of this drill is to work on accuracy. Using cones or tape mark out the area you want to pitch the ball, ensure this is realistic and gives you some margin for error!

We are looking for the ball to SPIN so take that and the surface into account so the delivery aims to hit the top of off stump. If you are using a wall perhaps use chalk or something similar as a target. Therefore, we have two targets – the cones/tape on the floor and the stumps/target. Our best ball should drift, drip and turn to hit the top of off stump.

This practice requires a high volume of deliveries BUT with variation ie bowling from different angles. We are aiming for 50-60% accuracy from each of the 6 positions on the crease.

Practice from a few paces or full run, remember to spin the ball hard each time or we are just a SLOW bowler!

For progression have a partner call out the position for you to bowl from (Mid/Wide/Close).

Minimum of 12 balls from each of the 6 positions and then 12 randomly.

Check out the Sky Sports Masterclass from Muttiah Muralitharan:

https://www.youtube.com/watch?v=VgIZhMM2UEo

https://www.youtube.com/watch?v=bi4qWs3n1Xo