

Spin Bowling Session #7

Equipment required: Cricket ball, incrediball, tennis ball, cones or similar, some tape and stumps or string.

Objective:

Develop Drop on the ball, can we get the ball up and down!

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. We are looking to get the ball up and over a set of stumps, or other piece of equipment i.e. chair and even better if you can, tie some string across the middle of the pitch at approx. 8ft high. We are looking to get the ball over our chair/string etc and then to land in the area we have put cones/tape for the best delivery (hitting top of off).

The goal of this drill is to work on deceiving the batter in the air. The best bowlers in the world drift and drop the ball in the air by generating energy and revolutions on the ball. This means batsman have a harder decision to make when the ball leaves the hand of which shot to play, often leading to mistakes. If we rely solely on turn off the pitch we will be limited as this is easier to play and largely determined by the pitch we are playing on.

You can practice this drill from different angles and using different run ups – you can alter the position of the string/stumps/chair etc to make the drill harder. We are trying to get the ball above the batters eyeline and to drop on the ideal length.

As with previous drills, perform as many deliveries as you can, move onto random practice from different angles over and around the wicket. Take into account how it feels, bowl the ball, don't try and put it there!