

Key Factor Coaching Points

Bowling



Basic Grip

- Middle and Index fingers either side of the seam on top of the ball
- Thumb on the seam underneath the ball
- Keep pressure even between thumb and each finger
- Other fingers behind the ball with as little contact as possible

The Basic Grip



Run-Up

- Comfortable
- Relaxed
- Gradually accelerate
- Head forward of hips
- Use your knees and arms to run in!

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- **Stay in “The Tube”**

“The Tube”

- The Tube is a channel that runs straight down the wicket from the top of your run-up to the wicket keeper
- The Tube is only just wide enough for you to run down
- 10cms outside each shoulder
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- Your run-up, delivery and path of the ball should always stay in The Tube!

The Delivery

- Straight lines!
- If you are a right arm bowler:
 - You must work your

Right side – Left side – Right side

as you go through your delivery!

- Head still throughout

The Delivery

- High, strong front arm
 - Show the batsman the ball
 - Seam up
 - Ball between cheek and shoulder
- Head still
- Flick!
 - As you release the ball
- Follow-Through
 - Chase the ball down the wicket as straight as possible

The Follow-Through

- Don't stop!
 - Most injuries occur due to poor deceleration!
- Let your head go forward
 - Chin and nose at batsman
 - Not down into the ground
- Chase the ball
 - High straight first and second step after release
- Be ready for a return catch
 - Keeps you going forward not down

High Front Arm – Head Still – Flick – Follow Through!

1



2



3



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5



6



7



Some Beautiful Examples!

