

COACHING PACE BOWLING – BASIC PRINCIPLES

The vast majority of bowling faults can be corrected by applying basic principles. In many cases improvements are made without the bowler feeling he is being asked to make technical change.

Common faults include – falling away, low bowling arm, excessive collapse (either or both legs), weak front arm, fingers “wrong” side of the ball.

Basics to apply

Efficient balanced running style (pretend running after a football and forget you are carrying a cricket ball)

Good alignment over last 4 strides of approach (don't drift out to come back in). As a guide direct your momentum at the space between keeper and 1st slip (target).

Position prior to bound stride is crucial – RH bowlers will be left foot contact. Weight forward and square to target (neutral). This will enable you to form your action in the air knowing your direction of travel is perfect.

Your bound should be high enough and long enough to form your action (side, mid-way or front) – no more needed.

Offer a strong front arm to target and when then time is right “punch” the elbow into the hip staying at target.

Try to feel tall at back foot contact.

Feel the sensation of getting over the front leg on release (rather than behind)

Only when you are comfortable that the basics are roughly being followed should you look at other subtle changes e.g. relationship of fingers on ball, load position.

Note – A braced front leg on release creates the best resistance for a fast bowler to work against. Look out for this and encourage the bowler.

Every pace bowler needs a basic conditioning programme.

Apply specific conditioning drills as appropriate.