

## Gary Yates – Lancashire County Cricket Club

### Basic Principles of Spin Bowling

- Strong grip
- Rhythmic Approach and alignment to Target  
(target=where the bowler is looking to pitch the ball)
- Generally Side on
- Rotate Hips and Shoulders Up and Over
- Bowling arm release NOT close to ear
- Spin Up and Over the ball (fingers and wrist)
- Complete the Action (bowling arm follows through across body to opposite side)
- Invite batsman to drive (ball above the eye-line)
- Accuracy (bowl to your field)
- Belief (coach your player belief) and Challenge ("always" challenge your player)
- Patience