

Bowling – Fielding Coaching Points & Common Faults

Bowling Skill:	Coaching Points:	Common Faults
Seam Bowling:	Grip. Bound. Back foot landing. Front foot landing. Release point. Follow through.	Low front arm. Head falling over. Foot alignment. Back leg. Front foot landing. Bound.
Leg Spin:	Grip. Bound. Back foot landing. Front foot landing. Release point. Follow through.	Low front arm. Head falling over. Foot alignment. Back leg. Front foot landing. Bound. Trajectory too high.
Off Spin:	Grip. Bound. Back foot landing. Front foot landing. Release point. Follow through.	Low front arm. Head falling over. Foot alignment. Back leg. Front foot landing. Bound. Trajectory too high. Dragging the ball down.
Left Arm Spin:	Grip. Bound. Back foot landing. Front foot landing. Release point. Follow through.	Low front arm. Head falling over. Foot alignment. Back leg. Front foot landing. Bound. Trajectory too high. Dragging the ball down.
Fielding Skill:	Coaching Points:	Common Faults:
One Hand Interception:	Get low. Pick up. Release. Follow through.	Tall approach. Eyes off the ball. Long backswing. Wrong foot.
Two Hand Interception:	Get low. Pick up. Crow hop. Base. Release. Follow through.	Tall approach. Eyes off the ball. Back foot not behind the ball.
Long Barrier:	Get low. Base, Pick up. Throwing. Release.	Not low enough. Knee & foot not together. Wrong knee. Eyes off the ball.
Retrieval:	Attack the ball. Pick up. Turn. Throwing base. Release. Follow through.	Turning the wrong way. High approach. Unbalanced throwing base.
High Catching (normal):	Position. Hands eye level. Point of impact. Give.	Positioning. Snatching at the ball.
High Catching (reverse):	Position. Hands eye level. Point of impact. Give.	Positioning. Snatching at the ball.
Close Catching:	Preparation. Hands, large surface area. Point of impact. Give.	Not watching the ball. Hard hands. Standing too upright.
Wicket –keeping:	Set up. Head movement. K-foot movement. Point of impact. Give. Ball returned.	Head. Hands. Feet.