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Fast Bowling Drills

Specific Outcome	Area of Game	Name of Activity	Explanation/Diagram
Learning to bowl an off-stump line	Skill / Technique	Bowling down the line	With two stumps placed out on the oval covering a normal pitch distance, place a canvas line from around 15cm outside leg stump at the bowlers end and run it down to 15cm outside the off-stump at the batsman end. Obviously you will need someone to take the ball, either a keeper or someone with a baseball glove. Aim to hit the line every ball.
Learning to bowl line and length	Skill / Technique / Variations	Line and length bowling	With a board (target) 1m x 30cm place it on a good line and length on a pitch, marked out on the oval. The aim is to hit the target as many times as possible.
Learning to bowl accurately from different positions on the crease	Skill / Technique / Variations	Using the Crease	With a board (target) 1m x 30cm place it on a good line and length on a pitch, marked out on the oval. The aim is to hit the target as many times as possible, but you are required to bowl from different positions on the return crease. Even though there is no return crease work-out from the stumps up to a metre and then around the stumps up to a metre. Also work in closer. Mix it up so that you have one ball over and one ball around the stumps whilst still trying to hit the target. Try to test yourself and see how many you can get in a row or out of a defined amount, for example 10.
Competitive Practice	Skill / Variations / Competition / Tactics	When you're out you're out	In the practice net, create the activity so that the batsman notices that when they are out there it is a consequence ie. they go out of the nets and another batsman comes in. This gives a bowler incentive to get players out and take wickets at practice.



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Bowling at tail-enders	Skill / Variations / Tactics	Bowling at tail-enders	In a net, learn to bowl at tail-enders. Work out how to get them out quickly, if not how to keep them from scoring.
Learning to bowl at the top of off-stump	Skill / Variations	Bowling Frame	Set the bowling frame up and learn to land the ball so that the ball goes through the middle of the frame. Set a determined amount eg 20 and see how many you can bowl through the frame.
Learn how fast you bowl, and see whether you can improve	Skill Extension	Speed Test	Out on the oval measure the speed that you bowl. Try to bowl as fast as you can whilst holding your technique together. Bowl 6 deliveries.
Bowling for accuracy and feel	Skill / Technique / Tactics / Variations	Spot bowling	Over a full pitch distance place coloured dots on lines and lengths where you would expect to land all of your variations. Once in position aim to land your specific deliveries on the dots. Work hard until you are hitting, 3, 4, 5 then 6 per over. Initially you won't hit any but keep working at it.
Bowling to your field	Skill / Technique / Tactics / Variation	Bowling to short cover drill	Place a cone or marker in a position of short cover about 12m from the bat. The aim of this activity is to bowl the ball so the batsman keeps hitting the ball in that direction. Occasionally you should get catches to that position.
Learning to control the seam and wrist	Skill / Technique / Variation	The Aggot	This is a normal weighted cricket ball with the sides taken off of it. Over a full pitch bowl the ball to land it on the seam. If it hits the flat parts you have failed. You will need to control the seam and keep it upright.
Learning to control the seam	Skill / Technique / Variation	Red and White Ball	Use the red and white ball in the nets to see how the seam is coming out. Rotate the seam uniformly and ensure it is kept at right angles to the pitch.



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To practice fielding off of your own bowling	Tactics / Skill	Fielding off your own bowling	On an area out on the oval, practice bowling the ball and as the ball is just released your partner throws the ball at you (or tennis racquet and tennis ball) and you need to field it – catching or ground fielding
Ensuring your alignment is going towards the target	Technique / Skill	Alignment	Out on the oval place a strip of tape 30m long in a straight line. Ensure there is a set of stumps place next to the line. Measure your run out along the line and try to run along the line and bowl along the line. With a partner and/or videotape look at what body parts are moving not along the line towards the target the make adjustments.
Variations	Technique / Skills / Tactics	Variations drill	Find either a net or a spare patch of land on the oval. Try bowling whatever new delivery you are trying to improve. Get the fast bowling coach to assist. Variation is only as good as your ability to land it consistently well.
Bowling when you are tired	Fitness / Mental / tactics	Fatigued Drill	Prior to your session in the nets, make sure you have done the fitness session for the night eg, 10 lots of 10 runs with a break of 90 seconds in between. Then go into the nets and bowl making sure that you consistently land the ball.
Getting a start when you bowl	Mental / tactics	Getting a start drill	One of the hardest parts about bowling is settling down and getting through the first over to get into the game. Bowl an over, go off and do some other drills eg. fielding and then come back and bowl another over. Do this half a dozen times so the drills interrupt your routine, then you have to get through an over like the start of when you bowl.



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Learning to have a fall back or stock delivery	Skill / Tactics / Mental	Stock Delivery	See how many balls you can land on a good line and length that are your natural swing delivery. The aim is to keep landing the ball in good areas so that we keep the pressure on the batsman to defend the ball, then they have to try and score.
Spotting batsman weaknesses	Tactics / Skill	Spotting Batsman weaknesses	In the practice net, bowling in pairs, try to work out the weaknesses of the batsman. Look at their setup- grip, stance backlift, pre-movement, balance and where they hit the ball (zones). Also look at whether they play back or forward to certain deliveries. Remember you start the play, they respond to the situation you give them. Learn to find a weakness and then set the player up for that. Learn to bowl the right ball at the right time.
Learning to affect run-outs at the bowlers end	Tactics / Skill	Run out	Taking the ball at the bowlers end stumps needs to be practiced. This can be done in the fielding stations but must be done regularly. Make sure the stumps are always in front of the bowler and balls are thrown high, wide, short etc. so they have to learn to take them. Also make sure when taking the ball you get used to knocking the tops of the stumps.
Learning to bowl in different situations	Tactics / Skills/ Mental / competition	Game simulation drill	Given certain situations you need to respond in an alternative manner. This could mean any of the following scenarios: <ol style="list-style-type: none">1. You have three overs to bowl, need one wicket and the batsman need 20 runs.2. The batman are tail end sloggers and hitting consistently across the line to hit the ball through mid wicket



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			<ol style="list-style-type: none">3. The wicket is soft, seaming and bouncing so go and bowl on the normal out field against a batsman with an off side fielder and a keeper (2 sets of stumps).4. You don't like bowling to left handers and the opposition has 5 left handers in the top 7.5. 6 balls are to be bowled. The batsman needs to hit at least four 4s to win the game. The bowler needs to keep the batsman to two fours to win the game and if three fours are hit the game is a draw.
Learning to bowl reverse swing	Skill / Variation /Skill Extension	Reverse Swing	With your bowling coach ensure that you understand the reverse swing principle. Learn how to hold the ball, how to look after the ball and where to release the ball so that it swings into an area that is good line and length.
Yorker Practice	Skill / Variation	Yorker Drill	Place one of the coloured dots right on the crease line and try to hit it. Then bowl 5 good length balls and then try to hit the Yorker target (near batsman's feet).
Bouncer Practice	Skill / Variation	Bouncer Drill	The aim of the bouncer is to hit the batsman in the head or make the batsman hit the ball up. With a target that is set up as a batsman, try and hit the target mimicking the batsman head. At worst the batsman should be hitting the ball upward so that you have a chance of getting a catch.



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Learning to bowl at the stumps	Skill / Tactics	Let one in six go	In a net practice session, bowl at the batsman so that the batsman has to let one ball go in 6. If you can bowl five in a row that they play, you get a free shot at the stumps which the batsman must let go. If they let a ball go say ball number 3, the batsman gets another five balls before they are forced to let one go. This drill makes the batsman learn to let balls go and the bowlers learn to bowl straight.
Learning to bowl balls in the zone in competitive situation	Competitive / Tactics / Skill	Bowl Stat	Using the practice net, bowl in pairs. One bowler bowls 6 balls whilst the other records on the bowl stat sheet. The person monitoring the stat sheet plots where the ball is landing in relation to a good length. Swap after 6 balls. At the end of the night the bowlers work out how many times they hit the zone.
Learning to bowl a second or third spell	Fitness / mental / Competitive	Bowling second or third spell drill	The aim of this activity is to be able to do a drill that requires some form of accuracy, have a break half-way through – where you go off and do some fitness for example: run 10 stop-starts on the pitch – then come straight back and bowl another spell of four overs and see whether your accuracy is still there.
Bowling when tired	Fitness / mental / Competitive	Bowling when tired drill	Put yourself in a situation where you do some physical exertion – then go immediately into a drill that measures your performance. This could be an accuracy test or even the net situation. The aim is to bowl and perform at a level which is acceptable for team performance.



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Bowling at the death	Tactics/ Competitive	Bowling at the death	In a hypothetical limited overs innings. The batsman is trying to belt the ball and you are trying to prevent runs. See how many balls you were scored off and how many boundaries the batsman would have hit.
Learning to slow the batsman's rhythm	Tactics / Competitive	Slowing down the batsman drill	Learn how to upset the batsman's rhythm through a variety of different means. Slow down the over rate, learn to bowl some dot deliveries, bowl to their non-scoring zones, starve them of the strike for a while etc.
Learning to bowl maidens	Tactics / Competitive / skill	Finishing off an over	When you have bowled five good balls where you have not been scored off, ensure that the sixth ball produces a maiden. This will increase the pressure on the batsman.
Learning to get the ball outside the batsman eye-line	Competition / Skill / Mental	Getting the ball outside the batsman eye-line	In the net practice session the aim is to get the ball so it is hit to cover point – when defending off of the front foot. By doing this consistently the batsmen keep moving across to the off-side with their head so that do not edge the ball to slips. When this is happening it is time to bowl a ball that angles in that lands on off stump on a good length. Overall see where the batsman head is after pre-movement and look to bowl about 30cm outside the line of their head position.



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Make the batsman respond to you	Competition / Skill / Mental	They can't bat until you bowl drill	A batsman cannot respond until you bowl the ball. Depending on where you bowl the ball that limits where they can hit it. Learn how to make this work for you. You can push a batsman onto the back foot. You can bring them forward; make them push their foot outside the off stump etc. Learn how to dominate the batsman.
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