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Spin Bowling Drills

| Specific Outcome | Area of Game | Name of Activity | Explanation/Diagram |
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| Spinning the ball hard | Skill | Throw ball up drill | Get a leather ball and conform to a standard grip next to your side. Toss the ball into the air and spin it as hard as possible. Let it bounce once and spin back to you. The aim is to spin it hard and judge its release so it lands where you want and spins right back into your hands. |
| Spinning the ball hard and getting the release/angle of the wrist right | Skill / Technique | Underarm drills | Start in pairs, 4m away with one ball between two. Establish a kneeling position with the ball gripped in the bowling hand, start the activity with the ball next to your preferred side (left/right). Take the ball back past the right side and spin the ball hard to your partner on the first bounce. Leggies can spin the ball so the seam goes to point, gully, straight, fine leg (small wrongun) and square leg (big wrongun). Off-spinners will spin the seam so that the seam points to square leg, fine leg and straight at your partner. |
| Learning to control the angle of the wrist and spinning the ball hard | Skill / Technique | Angle of wrist drills | After warming up with underarm drills, have a partner around 12m away. Bowl the ball to your partner so that you control the seam like you want. Work around the angles to do the following: Leg spinners can spin the ball so the seam goes to point, gully, straight, fine leg (small wrongun) and square leg (big wrongun). Offies will spin the seam so that the seam points to square leg, fine leg and straight at your partner. |



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| Learning to really rip the ball and control release points | Skill / Technique | Slow arm quick wrist | In pairs about 10m apart. Place a target (ball) about 1&1/2 m from your partner where the ball should normally land. The aim of this activity is to have a slow arm but quick wrist/fingers. It is critical to bowl the ball up so it travels at least 3-4m in the air. Arm is slow but wrist/fingers are quick. We are trying to prevent bowlers from just rolling the ball out. We want quick spin. Also aim to hit the target of the ball – if you hit it you get a point. Try also to control the seam and work the angle of the wrist to spin it where you want. |
| Spinning the ball so it turns sideways | Skill / Technique | Around the stump to miss the stump drill | Prepare a set of stumps 10 metres from a cone. Set a single stump so that it is 1 ½ metres in front of the stumps but to one side where the ball will land. If you are a leg spinner place the single stump about 60 cm outside of leg stump. Bowl from the cone and try and land the ball next to the single stump so it spins around the stump and then spins between the full set of stumps. The off spinners do the opposite. |
| Improving the trajectory/flight | Skill / Technique | Low – High – Low drill | In pairs begin with the ball next to the chest and then ensure the bowling circle begins so that the bowling hand goes down as low as possible, then up as high as possible for release, then down as low as possible quickly after release. This will shorten the arc and produce a sharper arc which will produce a sharper trajectory. All of this must occur over a braced front leg and side. |



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| Bracing the front side to produce maximum height | Skill / Technique | Elbow into rib drill | In pairs begin with one ball between the two. Begin so that you are in the normal bowling position (no run up) with weight slightly on the back foot. Bowl the ball so that ball goes to your partner, however when the weight transfers to the front foot, you make sure the front elbow stays pulled into the rib cage and you balance on the front leg. The back leg cannot touch the ground. With the weight on the front leg and elbow tucked into the ribs your front side should be as tall as possible and totally braced. |
| 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 may not hit any, but keep working at. |
| 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. The bowler is trying to entice the batsman to dance down the wicket and hit the ball at short cover. Occasionally you should get catches to that position. |
| Learning to spin the ball on its axis and controlling the angle of the wrist | Skill / Technique / Variation | The Aggot | This is a normal weighted cricket ball with the sides taken off of it. Over either 15m or a full pitch, bowl the ball to land on the seam. If it hits the flat parts you have failed. You will also need to get over the top of the ball to control the seam and keep it upright. |



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| 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. To do this you will need to get over the top of the ball with your fingers. |
| Learning variation and control | Skill / Technique / Variation | Spin the ball past your opponent | In an area as wide as a pitch/net get with a partner (opponent) about 8m apart. Bowl the ball to spin it past your partner. Your partner can move forward to take the ball, or side-ways, but if your partner moves backwards or the ball goes behind them you accumulate a point. It is basically a game. It is also great for improving your fielding. If you have no net you can put down cones to mark an area. |
| 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 out in a straight line. Ensure there is a set of stumps placed next to the line. Measure your run along the line and try to run and bowl along the line. With a partner and/or videotape look at what body parts are not moving along the line towards the target then 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 spin bowling coach to assist with your technique. Variation is only as good as your ability to land it consistently well. |



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| Bowling when you are tired | Fitness / Mental / tactics | Fatigued Drill | <p>Prior to your session in the nets make sure you have done the fitness session for the night, for example 10 sprints back-and-forth the pitch with a break of 90 seconds in between.</p> <p>Then go into the nets and bowl making sure that you consistently land the ball.</p> |
| Getting a start when you bowl | Mental / tactics | Getting a start drill | <p>One of the hardest parts about bowling is settling down and getting through the first over to get into the game.</p> <p>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.</p> |
| Learning to have a fall back or stock delivery | Skill / Tactics / Mental | Stock Delivery | <p>See how many balls you can land on a good line and lengthen your spin to about 45 degree angle. The aim is to keep landing the ball in good area so that the pressure remains consistent on the batsman to defend the ball, then they have to try and score.</p> |
| Spotting batsman's weaknesses | Tactics / Skill | Spotting Batsman's weaknesses | <p>In the practice net (bowling in pairs), try to work out the weaknesses of the batsman. Look at their setup – grip, stance back lift and pre-movement, their balance and where they hit the ball (certain zones). Also look at whether they play forward or back 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.</p> |



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| Learning to effect run-outs at the bowlers end | Tactics / Skill | Run out | Taking the ball to 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 use to knocking the tops of the stumps. |
| Learning to bowl in different situations | Tactics / Skills/ Mental / competition | Game simulation drill | Any cricket scenario requires a unique response. This could mean any of the following scenarios: <ol style="list-style-type: none">1. You have three over's to bowl, need one wicket and the batsman need 20 runs.2. The batsman are tail-end sloggers and hitting consistently across the line to hit the ball through mid wicket.3. The wicket is soft and turning 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. Six balls are to be bowled. The batsman needs to hit at least fours 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. |



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| 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's eye-line | Competition / Skill / Mental | Getting the ball outside the batsman's 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 batsman keep moving across to the off-side with their head so that they 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's head is after pre-movement and look to bowl about 30cm outside the line of their head position. |
| 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. |