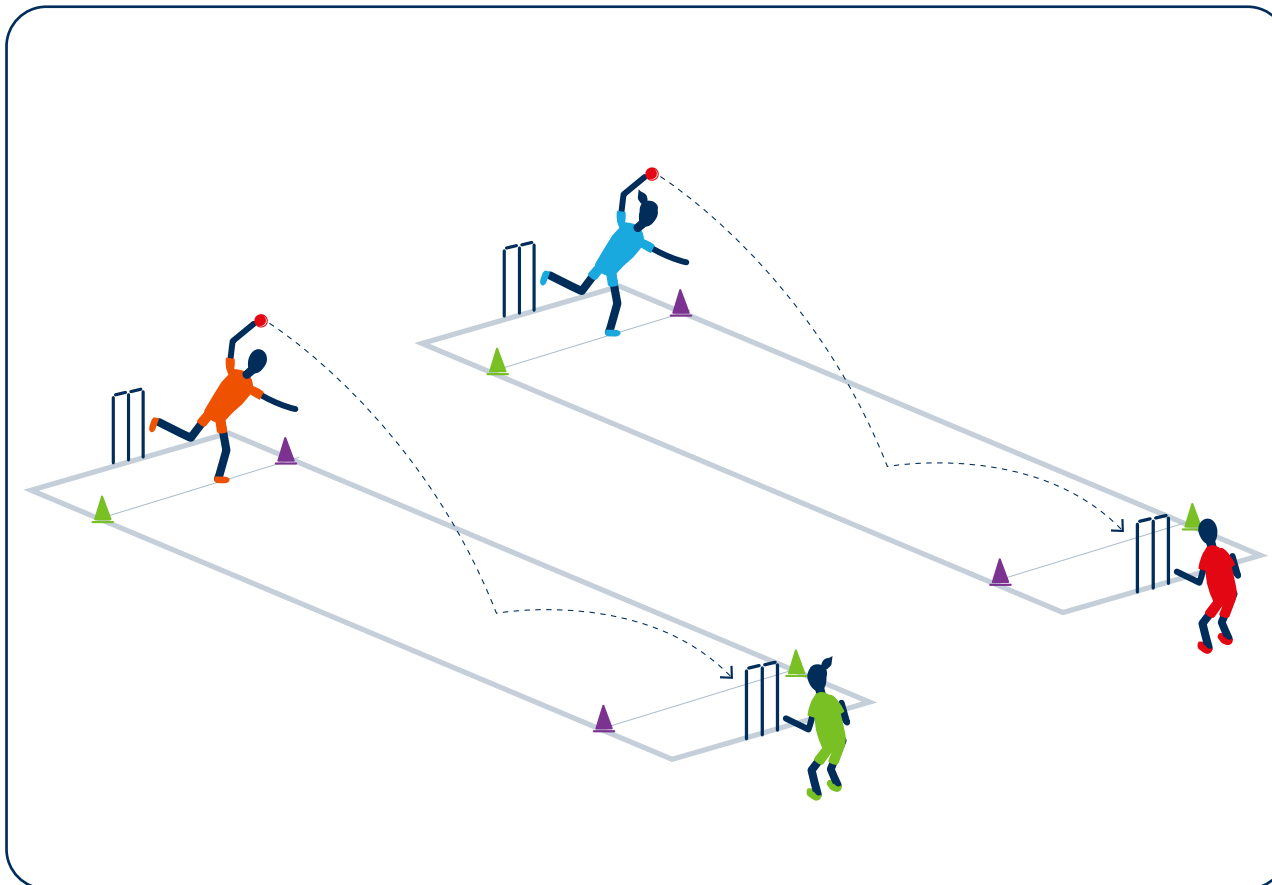


DEVELOPMENT PRACTICES 2

– BOWLING OVERARM

(Please refer to ECB Fast Bowling Directives for further guidance on workloads)



Equipment

Per lane:

Stumps

Balls

Cones

Practice outcomes

Develop appropriately aligned side-on position

Understand importance of maintaining straight bowling arm throughout bowling action (from 'T' position)

Develop upright head position with eyes fixed on target

Understand that ball should bounce once before target

Practice organisation

Work in pairs, at opposite ends of pitch

Rotate goes

Each player aligns themselves with the target

Establish side-on 'T' position

Position seam vertically in grip

Bowl from 'T' position and release ball

Follow through towards target



icoachcricket.ecb.co.uk

Download **icoachcricket** for free now on Android and iOS.