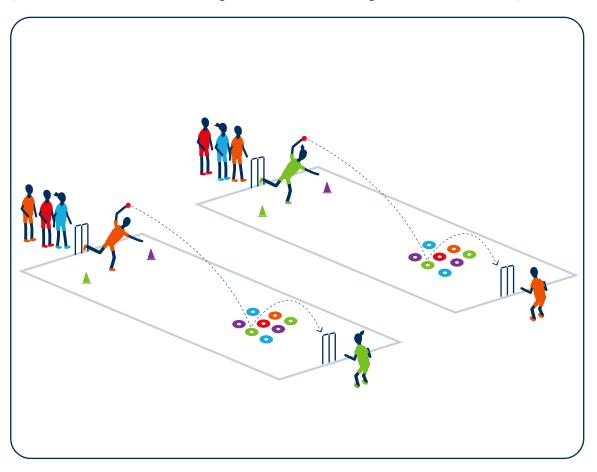# CONE STRIKE

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

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Equipment

Per lane:

Stumps: 2

Balls: 4

Cones: 8-10

Aim

To develop and acquire bowling over-arm

To select and apply skills and tactics to strike the line and length bowling cones and stumps

To evaluate and improve performance by observing team members and the opposition when performing (bowling over-arm) and by listening to and following instructions

Organisation

10-15 players are organised into groups of 5 (4 bowlers, 1 wicketkeeper – team can rotate with wicketkeeper after every ball or after the end of each game)

2 sets of stumps to be established at appropriate distance for stage of development

8-10 bowling cones to be established on an appropriate line and length (ideally with ball going on to hit top of off-stump)

Players to attempt to hit line and length bowling cones (and stumps)

Players to place bowling cone on stumps if they hit them

Additional points can also be awarded if the stumps are hit

Players rotate after each attempt

Game can be decided by time, number of attempts per player or number of cones hit

Adaptation/variation

Increase/decrease distance between sets of stumps (always maintain appropriate distance for development stage and maintenance of appropriate bowling action/release point)

Increase/decrease number of bowling cones used

Increase (2nd set of stumps – 4th, 5th, 6th stump line)/decrease number of stumps for target

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