



www.dcbcricket.com

**DERBYSHIRE CRICKET BOARD**

Development Office  
County Cricket Ground  
Nottingham Road  
Derby  
DE21 6DA

## Derbyshire Cricket Board

### New Performance Matters DVD Coach and Player Resource

#### *'Working with Spin'*

The essence of bowling spin and being able to bat successfully against spin is a fundamental part of cricket at any level (Club, District and County) and as a coach or player it is important that you understand the characteristics of spin and be able to 'work with spin' during training and in a match situation. The '*Performance Matters*' DVD resources are there to help clubs, coaches and players to develop their understanding of key aspects of Cricket. Last year the DCB produced the first Performance Matters DVD '*Mastering the Basics*' which looked at the basics of bowling, batting, fielding and wicket keeping. For 2010 the DCB have produced a DVD totally focused on 'Spin'.

#### **'Working with Spin' DVD Content**

##### **Introduction and Outline of DVD**

##### **Spin Bowling**

- Off Spin Bowling
- Slow Left Arm Bowling
- 1-1 Coaching Session
- Spin Bowling Circuit (examples of drills to develop spin bowlers)

##### **Batting**

- Examples of Playing Spin
- 1-1 Coaching Session
- Batting Circuit (examples of drills to develop batters to play spin)

##### **Interview with two DCCC Academy Players**

- Bowling point of view (mind set, match situations, options)
- Batting point of view (mind set, match situations, options)

If you would like a copy of '*Working with Spin*' or '*Mastering the Basics*' please complete the below form and send to the DCB Office (see address above).

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### Performance Matters DVD Resources

**Mastering the Basics** (overview of batting, pace bowling, spin bowling, wicket keeping and fielding) £8.00

**Working with Spin** (in-depth look at bowling spin and also being able to bat against spin) £8.00

Name: \_\_\_\_\_ **DCB CA Coach / Coach / Club / Player / School** (please highlight)

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Email: \_\_\_\_\_

I wish to purchase '*Working with Spin*' and / or '*Mastering the Basics*' and enclose a cheque for £\_\_\_\_\_ made payable to 'DCB'

Signed: \_\_\_\_\_ Date: \_\_\_\_\_