

Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

Issue 3

Date 23rd March 2007

Hot Topic: Bowling a good line and length

The Safety Aspects of Bowling

There are three acceptable bowling actions:

1. Side - On
2. Midway
3. Front - On

Side-On which reduces the possibility of injury. However this is not a guarantee! It is important that you ask or see a qualified coach to assess your action from a safety aspect.



From a safety aspect it is important that you do not have a mixed action this is when some parts of the body are in a side-on position and other parts are in a Midway or Front-On position. This can cause 'twisting' of the back which can lead to long term injury. From a County perspective we recommend that young bowlers look to be

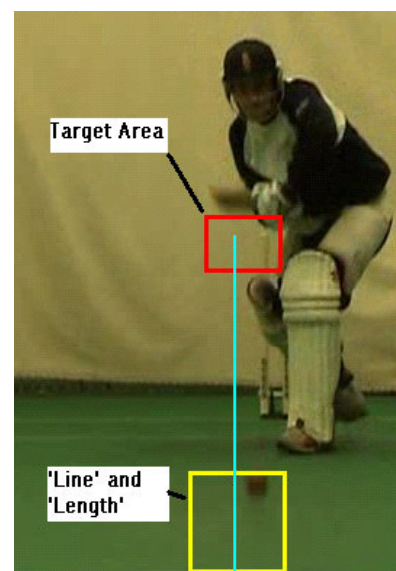
As a guide see pictures right, they show a sound bowling action during static drill work. The first picture is of Back Foot Landing and the second is of Front Foot Landing and Ball Release. Note that shoulders and hips are in alignment. Also the arms and legs are close to the body. The head is still and focused on the target.

From a performance aspect bowlers should work in straight lines. Everything should be working together and towards the target area. Look to bowl the ball apposed to placing the ball.

Mick Glenn (Club Development Officer and Bowling Coach)

Line: The ball should be in line with the batters Off Stump or just outside the Off Stump (see picture below)

Length: Length changes regards to the size of the batter. The batter should not be able to drive for ball comfortably or have enough time to get back on the back foot to play a Pull or Cut shot (See picture below: Yellow Target Area).



Bowling a good Line and Length

Back Swing and Step (Batting)

The Backswing and Step is the first phase of the batters shot and should not be confused with the Grip and Stance which is the Set-Up. The Backswing and Step should happen at the same time when playing forward or back. This allows the batter to be in a position of stability before the down swing commences, this allows the batter to hit the ball with maximum power.

Backswing: The backswing itself should be high, as a guide the toe of the bat should be higher than that of the hands. The Backswing should be pushed back towards the Wicket Keeper or First Slip using the arms apposed to just using the hands. The bat face should be open slightly towards the Off Side, this allows the batter to make contact with the ball using the full face of the bat rather than being closed. Also the Backswing should be fairly close to the line of the body (see picture right).

Step: When the batter is playing forward there should be a comfortable and positive stride towards the ball with the weight of the batter over the front foot. If the batter is playing on the back foot the weight of the batter should be on the back foot creating a good stable base. In both cases the base created should be kept in a balance forward position whether playing of the front or the back foot to enable the batter to move into the line of the ball.



Back Swing and Step

Howard Dytham (Performance Manager)