



# Performance Matters Newsletter

*Developing Players through the Performance Pathway in Derbyshire*

Issue 7

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## Bowling: Technique and Workload

***Bowling is simple but not easy!***

As a young bowler I am sure you have listened to Coaches talk about 'standing tall', 'stop falling over', 'bowl line and length.' Bowling is simple but not easy, every bowling action is different in some way. The skill of bowling is unique and requires hard work to produce successful outcomes. The 'Skill' of the bowling is the sum of different aspects which include, building a good technique, fitness, workload, physiological and psychological characteristics, skill development, and screening (video analysis). In Issue 3 we looked at bowling a good line and length and highlighted the 'Safety Aspects'. In this issue we will look at key aspects of bowling and the importance of having the correct 'Workload' for performance enhancement.

### Technique

There are 6 main phases in the delivery that complete the whole action— run-up, jump/gather, back foot contact, front foot contact, ball release and follow through. To sum-up what a young bowler needs to establish in their action, you should display these characteristics:

- ⇒ A balanced run up with a jump that takes the body towards the batter.
- ⇒ Hips and Shoulders inline at back foot landing.
- ⇒ The body needs to be fairly upright, the wrist in a good position at release.
- ⇒ Good hip, shoulder and arm rotation in the follow through.

⇒ A fit body, and a good understanding of your action and how to implement that in a game.

As a young bowler your action needs to be Safe (See Issue 3), Simple, Controllable and Repeatable. Everything should be working together towards the target. Its essential to have a 'wicket taking mind set' and have a purpose when you bowl.

In Issue 5 'Hot Topic' the issue highlighted was 'Managing your Programme'. For a young bowler, establishing the correct workload is vital. It is essential to minimise the risk of injuries in particularly over-use injuries, but to allow enough practice to occur for performance improvement. The following table is the current ECB bowling guidelines for young bowlers.

Table 1.0 (ECB Bowling Guidelines 2007)

<u>Directives for Matches</u>		
Age	Maximum Overs	
Up to U13	4 per spell	8 per day
U14, 15	5 per spell	10 per day
U16, 17	6 per spell	18 per day
U18, 19	7 per spell	21 per day
<u>Practice Sessions Guidelines</u>		
Age	Max Bowling Sessions	
Up to U13	3 per week	
U14, 15	3 per week	
U16, 17	4 per week	
U18, 19	4 per week	



[www.baggygreen.com.au](http://www.baggygreen.com.au) (2007)

## Assessing Present Ability Levels: Batting

In order to achieve your batting goals (See Issue 6) it will probably be necessary to make a number of improvements in skill, psychological capacity and physical fitness. Below is a Batting Checklist, give yourself a rating out of **10** to describe your present skill level. Assume that a score of **10** is the level required to reach a major goal. After you have completed this you can decide where your priorities lie to achieving future goals. **Remember there is a 'Process/ Pathway' behind every 'Outcome'.**

<u>Batting Skills</u>		<u>Psychological Capacity</u>		<u>Physical Fitness</u>	
Forward Defensive	( )	Playing Quick Bowling	( )	Motivation and	Endurance ( )
Back Defensive	( )	Playing Swing Bowling	( )	Commitment to Practice	( )
Driving off-side	( )	Playing Seam Bowling	( )	Batting Under Pressure	( )
Driving on-side	( )	Playing Spin Bowling	( )	Concentration	( )
Pull Shot	( )	Running Between Wickets	( )	Control of Emotions	( )
Square and Late Cuts	( )	<b>Total:</b> _____		Consistency	( )
Leg Glance	( )			Self Confidence	( )
				<b>Total:</b> _____	