



# Performance Matters Newsletter

*Developing Players through the Performance Pathway in Derbyshire*

Issue: 9

Date: 31st Jan 2008

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## Bowling 'At the Death!!'

Bowling 'at the death' is often an area of the game where things can get away from you as a bowler, especially if the opposition have wickets in hand!! It is also a great chance though for a bowler to win the game! So what do you need to do to be most effective at this critical time?

Look to bowl a full length. The Yorker is one of the most effective and common deliveries used in this situation. Aiming for the base of middle and leg stump would be the

ideal line but anything full and straight is always difficult for batsmen. If faced with that type of delivery scoring areas for the batsmen can be severely restricted. Most scoring zone's will be in front of square as they are low risk options. Mid-on and Mid-off being targeted on a regular basis. If high risk shots are taken by the batter then more areas may be targeted, like deep mid wicket, deep square leg, but If they miss, you hit!

Field placings are also vital to the bowlers when it

comes to the 'big push' from the batting side. You need to try to set your field so that potential boundaries can be stopped and also kept to one's and two's. It is also important that you position your best fielders in the key positions! Quick, good pair of hands and a good throwing arm are good skills for a boundary fielder to have.

You must remember though that all fielders must be alert and switched on to what is happening. Even if you are not immediately involved with fielding the ball, there is always a job to be done!!

## Hot Topic

**Looking after the ball** is vital to the success of bowlers. If you don't look after your 'tools' then don't expect to be successful! In most forms of the game you only get one ball per innings so you should treat it with care. Look to keep one side polished, clean and smooth to assist the swing/seam bowlers. Spinners also have that responsibility even though it may not benefit them as much as quicker bowlers. But in the interest of bowling an 'arm ball' and team success, ball maintenance is crucial. And fielders should always look to keep the ball off the ground whenever possible. There is nothing worse than looking sloppy when returning the ball to the bowler and it is likely to damage that important 'tool', the ball!!!!

## Motivation—Sir Richard Hadlee

- Fear is negative. Desire the positive.
- Your mind is your brain, it is better than a computer.
- Attitude is a frame of mind.
- Simulation, put yourself in a situation when you last did it.
- Visualise, dream and know you can do it.
- Believe, confidence breeds success.
- Think of the rewards of success.
- Self-esteem, know your own worth/ability/value.
- Goals, aims, targets, be better than the opposition.
- You must want to do it, power of positive thinking.
- Control and convert mental into physical/actions.
- I'll do the testing. I won't be tested.
- Enjoyment.
- Never get tired, just pleasantly weary.
- Winning is being happy with your performance, even if someone does it better.



### DCB CODE OF CONDUCT

#### SECTION ONE

( Training Dress Code)

**Make sure on arrival at sessions, players are to be smartly presented with appropriate clothing for any kind of session. Shirts must be tucked in.**

**All Jewellery to be removed to prevent any unnecessary injuries.**

**Suitable footwear must be worn and laced up securely to ensure a safe and effective session.**