

## Learning Outcomes:

- Bowl accurately and consistently
- Improve the line and length of the ball

## Starter

A bowler's approach should be:

**Smooth**  
**Balanced**  
**Economical**  
**Rhythmical**  
**Consistent**

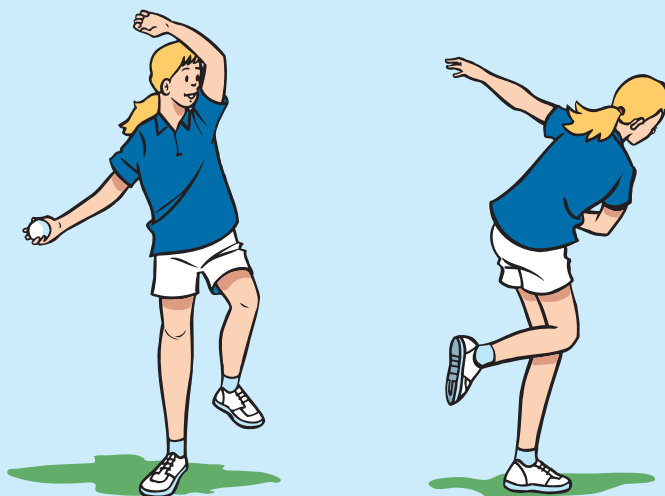
Brainstorm in groups of four or five other words you can think of to describe these qualities. Share your thoughts with the rest of the class and agree the best ten descriptors.

## Warm-up and Stretching

Simple cardiovascular warm-ups should be a part of your session. Can you think of some ideas?

A good overarm bowling technique uses the whole of your body. Make sure your warm-up includes static and dynamic stretches to prepare you for this activity.

## Skill: Bowling Overarm from Standing

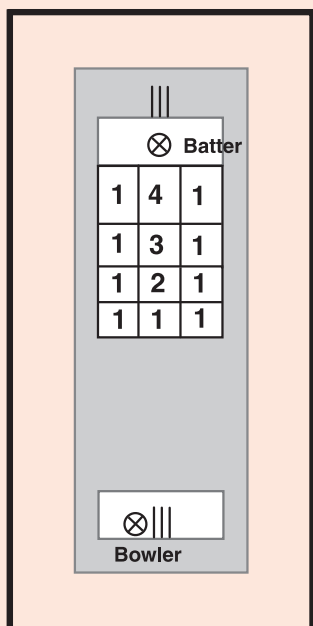


- Stand side-on. Your bowling arm should be furthest away from the batter.
- Stretch your arms out to the sides and lift your front arm up high and look over your shoulder at the batter.
- Rock away from the batter by lifting up your front leg.
- Rock forward keeping both arms straight.
- Release the ball quickly at the highest point of delivery, keeping your head steady and your eyes fixed on the target.
- After release take a step forward. Your bowling arm should fold to body and finish outside front knee and your front arm should break away behind.
- Keep your head upright and eyes fixed on target.

## Some Inter Cricket Rules (playing Inter Cricket outdoors)

- Bowlers use their fielding disc to mark their run-up.
- Bowl from both ends. Overarm bowling.
- Minimum of eight overs per side per match.
- At least 50% of the team must bowl.
- No bowler may bowl more than four overs.
- Only six bowls allowed in any over.
- The ball which follows a 'no ball' or 'wide' is a 'free hit' (striker cannot be out on that hit).
- Name and signal of 'free hit' to be determined.

## Have a go:



Work in pairs and take it in turns to stand behind the line and bowl six balls.

Aim to release the ball so that it bounces in one of the zones. They each have a different score - you should aim for the perfect pitch, not too close or behind the batter.

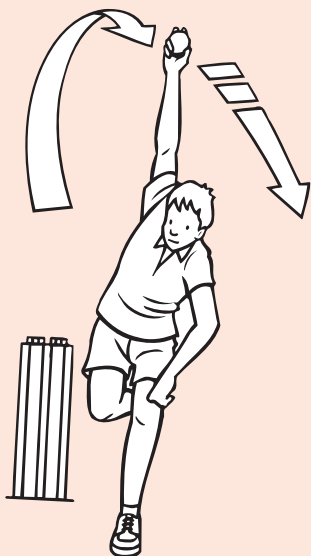
## Curriculum link: Maths/Numeracy

How many did you score? Can you improve on this score?

## Assessment Opportunities

Your partner should observe your technique and offer advice on ways in which you can improve your performance.

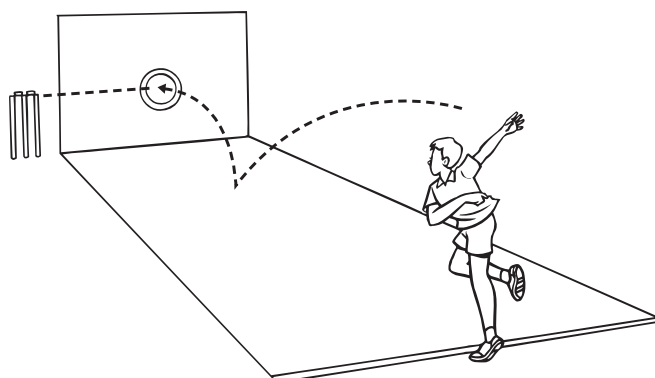
Discuss how changes in the release of the ball, the position of the arms or body and even the position of the head can affect the results.



## Extensions [1]

Once you are familiar with the technique, aim to consistently hit the marker in zone four. The point of release is critical.

## Extensions [2]: Rebound Bowling



- Draw a target on a wall. The centre should be the height of the stumps.
- Each player should bowl at the target from behind a line so that it bounces once.
- Bowler collects the ball from the rebound, returns to the line and bowls again.
- Repeat six times. How many hit the target?

## Inter Cricket - with a difference

- Introduce a new scoring rule to a game of Inter Cricket.
- Score an extra point for a perfect delivery.
- Score a bonus of ten points if a player is bowled out.