

## Learning Outcomes:

- Good approach and accurate release of the ball when bowling overarm
- Understand how speed and flight can restrict the batter

### Starter

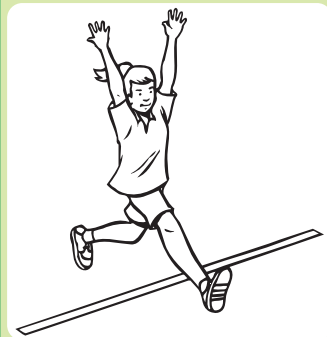
Smooth  
Balanced  
Economical  
Rhythmical  
Consistent

Use these five words to create a definition for good bowling practice. Share your thoughts with the rest of the class and agree on the most suitable definition.

### Warm-up and Stretching

Once you have begun to get your heart and lungs working through a simple cardiovascular work-out and completed a series of stretches, try these ideas to warm-up for bowling.

#### High Jump



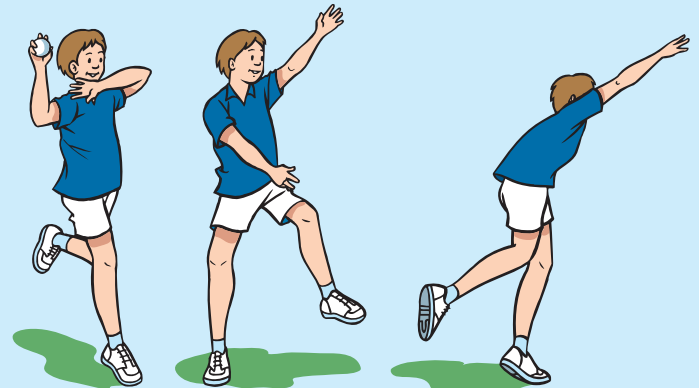
- Mark a line on the ground.
- Run towards the line and 'bound' over it, taking off on one foot and landing on the other.
- Throw arms into the air to gain more height.
- Repeat five times.

#### High jump and turn



- Run and bound over the line again, but this time turn 90 degrees in mid-air so that you land in a side-on position over the line. Your landing foot should land parallel to the line.
- If you are a right-armed bowler you should take off on your left foot and turn to the right.
- If you are left-armed, take off on your right foot and turn to the left.
- Throw your arms into the air as you take off and bring them down in front of your head as you turn and land.
- Repeat five times.

### Skill: Overarm Bowling with a Run-up



- During the approach, the body leans forwards with the arms close to the body.
- Take off from the opposite foot to the hand in which you hold the ball.
- Turn 90 degrees in mid-air and land on your other foot. Your foot should be at right angles to the line of delivery.
- As you jump, front arm is raised with eyes looking over it and the bowling arm is held close to the chin.
- As you land front leg is raised slightly.
- Complete the bowling action as detailed on card 9.

### Some Bowling Cricket Rules (playing Inter Cricket indoors)

- Bowl from one end only. Overarm bowling.
- Only six bowls to be bowled in any over.
- If preferred, two bowlers may bowl in tandem, bowling alternately to complete either a six ball over or 2 x six ball overs. The inactive bowler may not field. No bowler may bowl more than four overs per session.
- The ball which follows a 'no ball' or 'wide' is a 'free hit' (striker cannot be out on that hit).

## Have a go:

### Skill: Walking/Jogging and Running-up to Bowl

- Start by walking four paces, starting with the same foot as the hand you hold the ball in.
- On the fourth step, jump from that foot and begin the bowling action.
- Once you feel comfortable with the action, jog the four paces to bowl.
- When you feel ready, run-up to bowl.

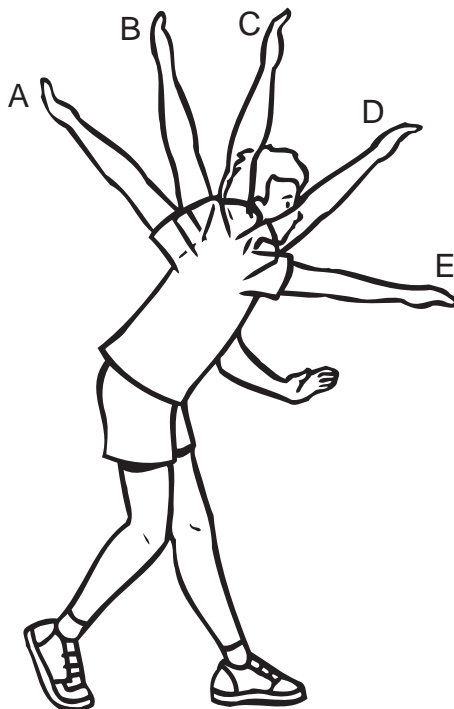
### Assessment Opportunities

- If you have a digital camera or video, take it in turns to video each other bowling.
- How can you use this to improve your performance?
- Try to identify the things you do correctly and those that are incorrect each time you bowl. How does this affect your technique?

### Homework Suggestion

- As a homework exercise, try to find some pictures or video footage of a professional bowler. What can you learn from their technique?

## Extension - Release



- The point of release in bowling is very important. Mark the direction the ball would travel if it were released from each position shown.
- Which is the most effective release point?
- Can you think of any other sports or any other parts of cricket that might use this principle?

**Curriculum link: Science**  
Gravity, Ball Pathways