FOUNDATION

SPIN BOWLING DRILLS DOCUMENT

SPIN BOWLING

KEY POINTS

MAXIMISE REVOLUTIONS ON THE BALL
CREATE SHAPE ON THE BALL

HAVE A DESIRE TO TAKE WICKETS
INFLUENCE THE GAME

DECEIVE THE BATTER IN THE AIR
OR OFF THE PITCH
USE DIFFERENT TYPES OF SPIN

SPIN BOWLING
OFF SPIN RELEASE

SPIN BOWLING
LEG SPIN RELEASE

SPIN BOWLING
LEG SPIN
HAND TO HAND

SPIN BOWLING
BEST IN THE WORLD
FINGER SPIN

SPIN BOWLING
BEST IN THE WORLD
WRIST SPIN

SPIN BOWLING
ALIGNMENT
LEG SPIN

SPIN BOWLING
ALIGNMENT
OFF SPIN

SPIN BOWLING
ALIGNMENT STRING

SPIN BOWLING
CREATE BALLS
FOR SPIN

SPIN BOWLING

KEY POINTS

CREATE INDECISION FROM BATTERS
CONTROL THE GAME TACTICALLY

UNDERSTAND HOW TO BOWL
LONG SPELLS
MENTALLY & PHYSICALLY

TAKE WICKETS IN ALL FORMATS
ADAPT FOR THE NEEDS OF THE FORMAT

SPIN BOWLING
THROUGH THE GATE

SPIN BOWLING
MULTI DAY DRILL

SPIN BOWLING
TARGETS DRILL

SPIN BOWLING
CONTROL DOTS

SPIN BOWLING
ENERGY WALL DRILL

SPIN BOWLING
CHAIR DIP DRILL

SPIN BOWLING
LEG SPIN DOT DRILL

SPIN BOWLING
LEG SPIN LEG DRIVE

SPIN BOWLING
HOLDING LENGTH

DRILLS & GAMES

SPIN BOWLING
BOWLING INTO ROUGH

SPIN BOWLING
STRAIGHT LINES

SPIN BOWLING
ATTACKING THE STUMPS

SPIN BOWLING
USING THE CREASE

SPIN BOWLING
UNDER THE BAT

SPIN BOWLING
CAUGHT & BOWLED

SPIN BOWLING
MAX ENERGY

SPIN BOWLING
STRING DIP

SPIN BOWLING
LEFT & RIGHT

SPIN BOWLING
WHITE BALL LINE

SPIN BOWLING
MAXIMAL SPIN

SPIN BOWLING
REFLECTION DRILL

SPIN BOWLING
LEG SPIN LEG DRIVE

SPIN BOWLING
LEG SPIN DOT DRILL