

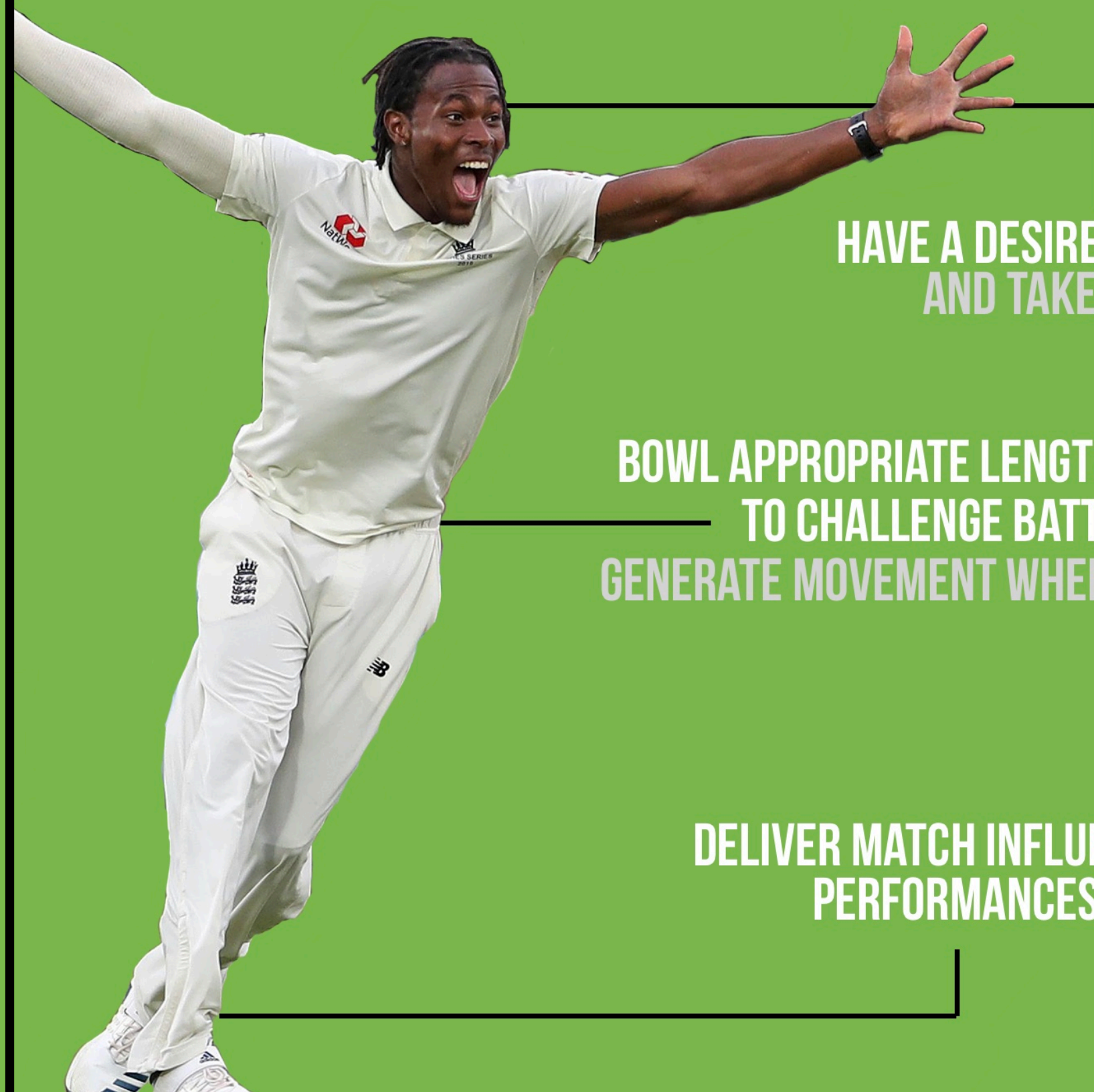


FOUNDATION

PAGE BOWLING DRILLS DOCUMENT

FAST BOWLING

KEY POINTS



HAVE A DESIRE TO BOWL FAST
AND TAKE WICKETS!

BOWL APPROPRIATE LENGTHS AT PACE
TO CHALLENGE BATTERS
GENERATE MOVEMENT WHERE POSSIBLE

DELIVER MATCH INFLUENCING
PERFORMANCES

BOWLING
PUSH / WRAP RELEASE

BOWLING
ALIGNMENT

BOWLING
INSWING

BOWLING
AWAY SWING

FAST BOWLING

KEY POINTS



BE ABLE TO EXECUTE ONE DAY
& TWENTY20 SKILLS
YORKERS & DECEPTIVE VARIATIONS

BOWL WITH AN APPROPRIATE PLAN
BE FLEXIBLE IN DIFFERENT SITUATIONS
AND VERSUS DIFFERENT OPPOSITION

CREATE WICKET TAKING
OPPORTUNITIES IN ALL FORMATS

BOWLING SHOE YORKERS

BOWLING IN THE BOX YORKERS

BOWLING HURDLE YORKERS

BOWLING YORKER GOLF

DRILLS & GAMES

BOWLING
HOLDING LENGTH

BOWLING
SWING SET UP

BOWLING
LINE GATE

BOWLING
HIT THE SEAM

BOWLING
RELEASE DRILL

BOWLING
LEFT AND RIGHT HAND

BOWLING
OUTSIDE IN
INSIDE OUT

BOWLING
BOUNCER BALL

BOWLING
BIN TARGETS

BOWLING
OLD BALL

VARIATIONS

BOWLING
KNUCKLE BALL

BOWLING
LEG CUTTER

BOWLING
BACK OF THE HANDER

BOWLING
OFF CUTTER

