

Beyond Basic Bowling - Lesson Plan 1

PARTNER BOWLING

Bowling with run up

- To teach bowling with a run-up only progress to next point when previous is mastered:
 - Revise : Basic Bowling Action (arm action, including release of the ball).
 - LIFT front knee and at the same time, perform the initial stretching movement of the arms, STAMP on front foot in a straight line toward the target and BOWL.
 - STEP THROUGH with back foot toward the target by taking it across the front foot, LIFT front foot, STAMP and BOWL.
 - Then, build run-up one step at a time. That is, one STEP, back foot STEP THROUGH across front foot , LIFT front foot, STAMP and BOWL.



GAME APPLICATION

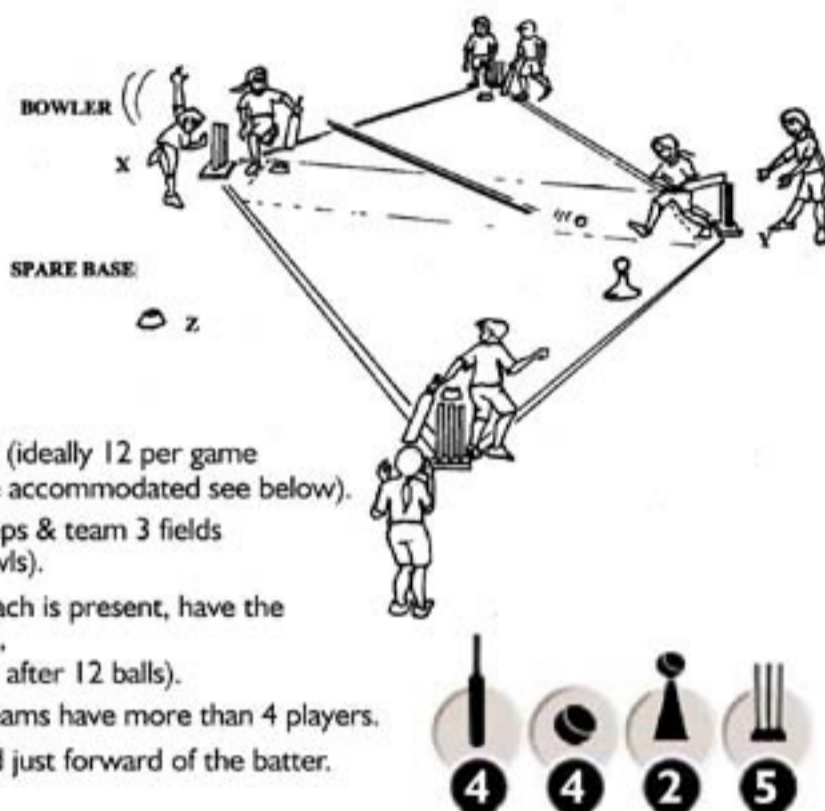
DIAMOND CRICKET



To score runs as a team (24 balls per team).

To start: Select players into 3 teams of 4 (ideally 12 per game however fewer / greater numbers can be accommodated see below).

- Team 1 bats, team 2 bowls / wicketkeeps & team 3 fields (if only 2 teams one bats the other bowls).
- Where numbers allow and a helper coach is present, have the next 4 to bowl as follows: 2 in the field, 2 practicing bowling to the side (rotate after 12 balls).
- Use a marker as an additional base if teams have more than 4 players.
- Place 2 tees either side of the pitch and just forward of the batter.



Game

- The bowling team bowls from X to the stumps at Y at all times.
- Each bowler bowls 6 balls and then the bowling team rotate to bring a new bowler to the crease.
- If 'bowled' ball is missed (& doesn't hit the stumps) or can't be reached, batter hits ball from a tee.
- Only the hit ball is in play.
- Batters can be 'out' Bowled at Y, Caught or Run Out at any set of stumps.
- Batters rotate to next base if out, no runs are scored on a delivery if a run out occurs.
- When the batter hits the ball, all 4 batters must run in an anticlockwise direction to the next base.
- Batters may run more than one base at a time.
- One run is scored for each successful run to the next base by all 4 batters.
- After all bowling team members have bowled 6 balls each team changes roles.
- The game continues until each team has batted & bowled. Highest score wins.

Assess

- Are bowlers co-ordinating a run up in their bowling action?
- Are bowlers bowling more or less accurately with a run up?

Modify

- **Skills:** It is encouraged to have 2 players in turn practicing bowling with a run up with the helper coach and then rotated through the game.

Encourage

- Encourage team work from the fielders.