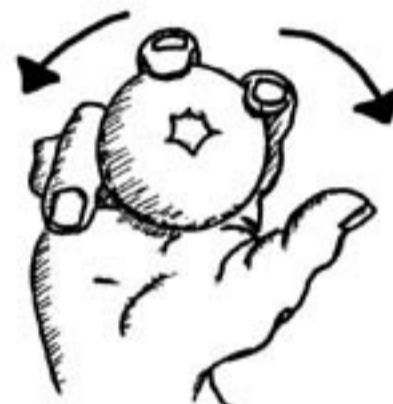


Beyond Basic Bowling - Lesson Plan 2

SWING & SPIN BOWLING - GRIP

SPIN BOWLING

- Run up is shorter than for medium pace or fast bowling.
- At top of bowling action turn the wrist like opening or closing a door handle.
- Spin the ball hard & experiment with hand position to create spin in different directions.



SWING BOWLING

- Grip the ball with thumb underneath & first two fingers on top.
- Bowl the ball with seam upright pointing toward the batter.
- Drag the first two fingers down the back of the ball.

