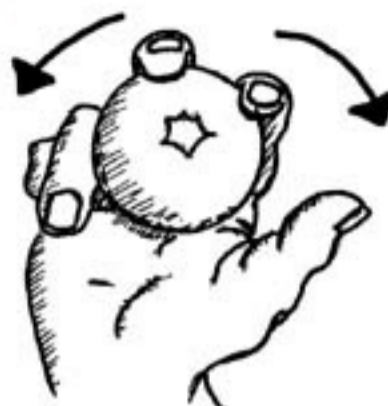


Beyond Basic Bowling - Lesson Plan 3

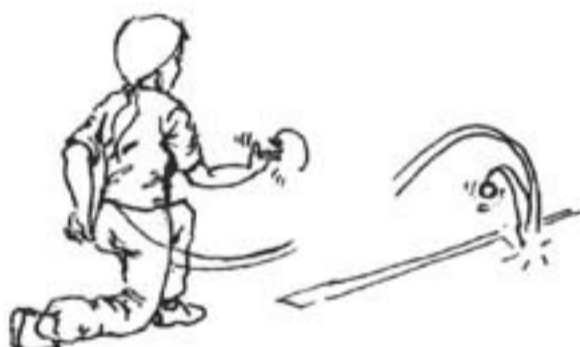
SPIN BOWLING

- 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.



JUMP THE LINE

Equipment: 1 Ball per pair. If lines as such aren't an option, then two stumps or markers per pair instead.



Firstly, in a kneeling position, throw the ball underarm whilst imparting spin on it, i.e. "turn the door knob".

The aim is to spin the ball from one side of the line (marker, stump or piece of material in place of line).

Repeat in the above manner, gradually getting the arm higher until it becomes an overarm bowl.