**Bowling Basics**

**Grip** – make sure you grip the ball properly depending on the type of bowling you are trying to perform ie. Outswing, inswing, seam bowling, spin etc. See Barry Olsen at training for more details.

**The Ball** – make sure you look after the ball. You should be shining the ball & you should be encouraging all your team mates to do the same. The ball should not hit the ground if it doesn’t have to. Returns to the keeper, returning the ball around the ring back to the bowler should be done without the ball hitting the ground. When the ball is in good condition it swings more, moves off the seam more & bounces more. This makes it harder for the opposition batsmen. It just doesn’t make sense to make it easier for the batsmen. Help your bowlers out & look after the ball.

**Simplicity** – We need to keep things simple. It’s very important to get into a rhythm & be comfortable in what we are doing before we try too much variation. Bowling in a way that restricts the options that a batsman has is the best way to break down that batsman’s mental approach and hopefully frustrate him into a false shot. When bowling try to think how batsmen think. They are obviously trying to score as many runs as possible in the easiest way possible. Not many batsmen have the concentration to outlast a bowler & wait for a tight bowling spell to end. So to tie batsmen down for period where they can’t score runs freely or at all will make something happen ie. A rash shot, a chance given, a brain snap & edge etc etc.

**Partnerships** – Bowlers that are bowling in tandem should be in tune with the role they should be playing in relation to the results happening at the other end. Usually a bowler who is bowling tight & restricting the batsmen will make the batsmen try to increase their run rate off the other bowler. Sometimes this results in wickets falling at the opposite end to the tighter bowling. This is a great team result and the tighter bowler should realise that he has played a big part in this result. If both bowlers bowl tight & restrict runs will usually result in the batsmen making mistakes. String three maiden overs together and something will happen. A chance given, a rash shot played, a shaky run attempted etc. Whether the team take those chances is another matter but the chance will come.

**Bowl to your field** – If your captain sets a particular field for your bowling, (hopefully in consultation) you should endeavour to bowl to that field. Bowling a tight off stump line is preferable so as to get the batsmen hitting straight to a straight field. Hopefully by persisting with this strategy we can make the batsmen hit across the line to try to score runs. Be patient and outwait the batsmen. They will crack before you. If you try something out of the ordinary when already applying pressure will maybe result in letting the pressure off the batsman.

**Win the Over** – The first & last balls are all important in an over. If you can bowl a dot ball on the first ball then you have the advantage and can use your momentum to get that set of balls done. If you have bowled five balls inexpensively for 0, 1 or 2 runs then it is extremely important to get that last ball in fr nothing to finish the over off. Too many times you see that last ball go for four. This turns a cheap over into one that doesn’t put apply any pressure to the batting side.

**Know your strengths & weaknesses** – Bowl with these in mind.