



CRICKET NSW

# Spin bowling by Anthony Clark

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# Coaching the Player



CRICKET NSW

Understand the player – Care and trust

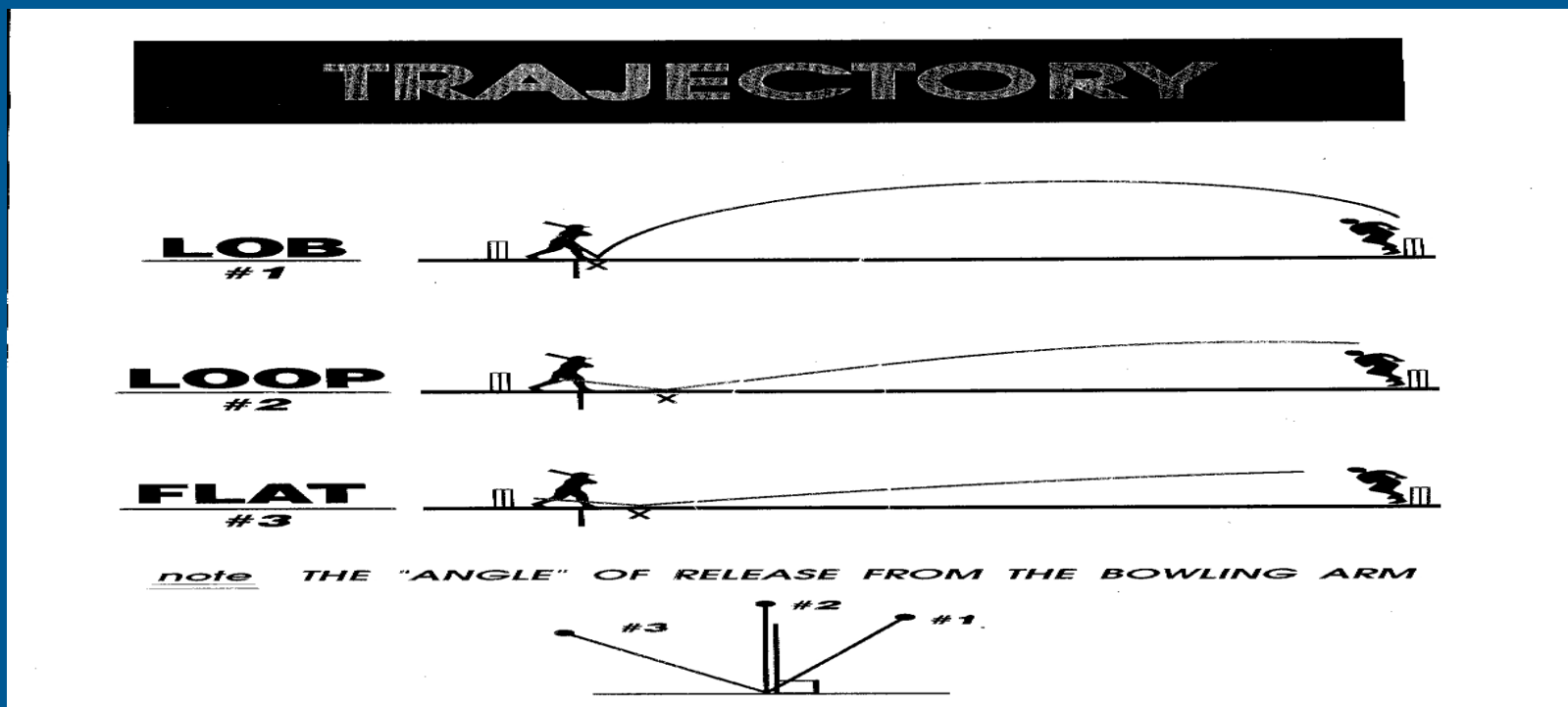
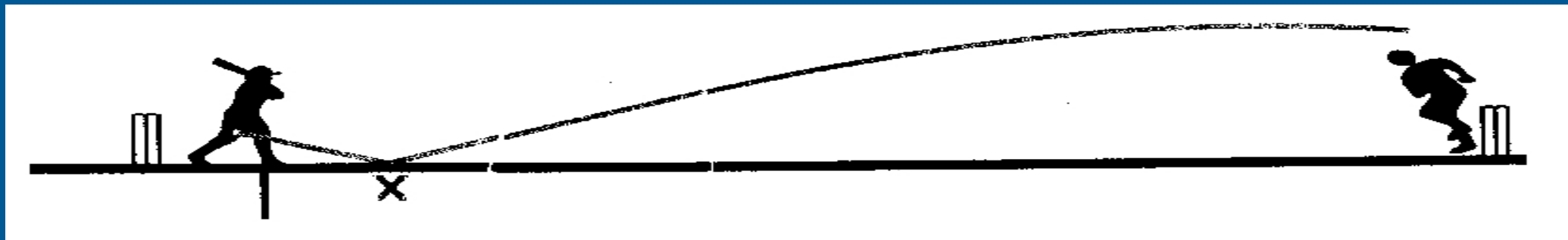
No the game- Link what they need to the game

How/What/Why

As bowlers what are you looking for?



# What do we want from our spinners



# Why spin ???



[https://www.youtube.com/watch?v=eZyQQI\\_YYRM](https://www.youtube.com/watch?v=eZyQQI_YYRM)



# Reasons to bowl spin

- Can't bowl fast.
- Not athletic.
- Want to be able to still bowl.
- Natural release or grip.
- Environment that they play/practice



# Coaching Strategy

- Identify the talent and the level of player in front of you
- Implement strategy that best fits skill level
- Work with the players strengths minimise their Weaknesses (what type of bowler are they)
- Create ways and methods to encourage growth technically & tactically
- Develop game awareness and tactics



# History shows us

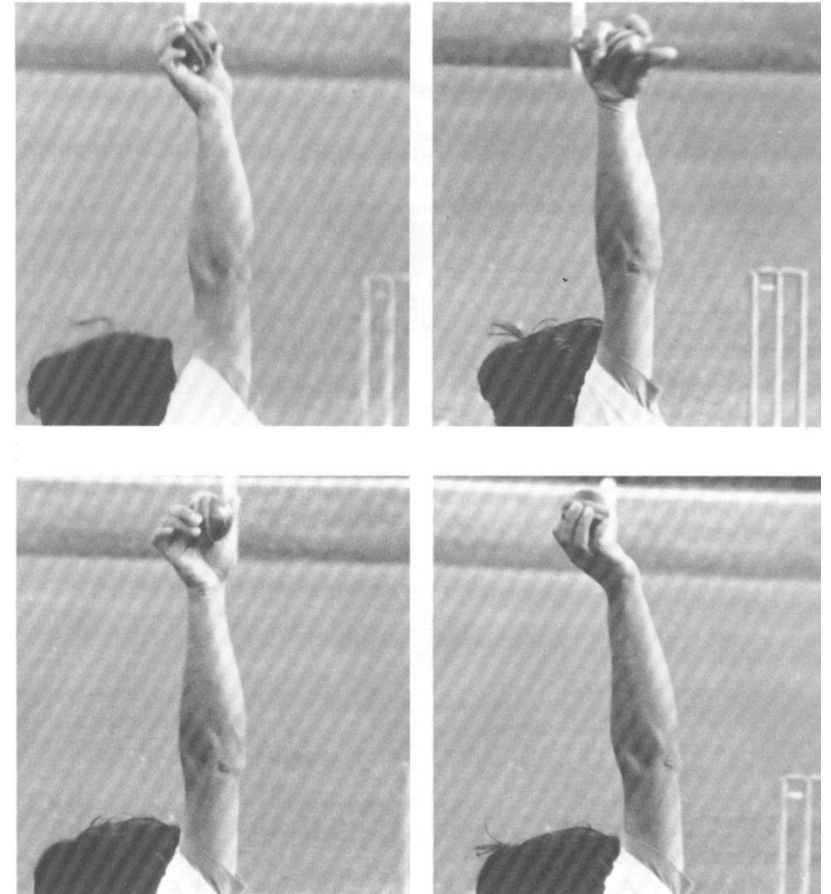
Height, weight, technique, styles, and strategies  
What are we seeing here ?



# The basics of spin bowling



- Grip
- Run up
- Alignment
- Spin
- Momentum
- Variations
- Alignment + Stability = Balance





# Questions ?

- What is the ideal Off spin/Leg spin Grip
- What is Shane Warnes Alignment like ?
- Who's grips are these



# What do you see



<https://www.youtube.com/watch?v=NdzpcKCv7Ow>

<https://youtu.be/FKqcXyh4Vis>

<https://www.youtube.com/watch?v=BZZjoKZWvDg>

Questions for group:

1. Would Murali have made it in Australia?
2. Laker took 19 wickets how did he do this and what do you notice?
3. What do you take out of lance gibbs image and what will that make him do?
4. What makes Steve O'Keefe so successful?

# Mindset of a spinner

How as coaches can we create sessions that help;

- Ability to problem solve.
- Ability to read conditions
- Resilient
- Persistence & patience



# Task Field Setting



## 4 Groups Set field for

- -12 year old leg spinner who has ability but lacks confidence
- -first grade off spinner bowling day 1 on flat pitch 2-day game
- 2<sup>nd</sup> grade leg spinner middle overs of a one-day game batting side on top
- U15 off spinner green shield starting field.