








## Bowling

Game/Drill	Skills	Equipment	Instructions	QR Code
	<ul style="list-style-type: none"> <li>- Spin bowling</li> </ul>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Balls</li> <li>- Wickets</li> <li>- String (or anything that can be placed in a straight line)</li> </ul>	<ul style="list-style-type: none"> <li>- Place set of wickets about 3 steps back from a desired target aiming to bowl ball over top of the wickets</li> <li>- Bowler can be bowling from the crease or closer to change the difficulty</li> <li>- Add a points system to further challenge bowlers</li> </ul> <p>PROGRESSION - Vary the length of the target and the wickets to challenge the bowler</p> <ul style="list-style-type: none"> <li>- Place the string (or something in a straight line) down the pitch and get your bowler to spin the ball from one side to the other</li> <li>- See how many times your bowler can achieve this within 6 balls, then challenge them to beat their score</li> <li>- Place down 3 different coloured cones on the same length and call out a desired target before the ball is bowled for the bowler to aim at</li> </ul>	
 <p>Taking Wickets Bowling Pong COMMUNITY COACH</p>	<ul style="list-style-type: none"> <li>- Spin bowling</li> </ul>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Ball</li> </ul>	<ul style="list-style-type: none"> <li>- Set up 'gates' with two cones wider than arm's length apart for each of your two bowlers who are facing each other</li> <li>- Each pair should have one ball between them and take turns at trying to spin the ball past their opponent</li> <li>- If the ball gets past their partner, the bowler gets a point</li> <li>- Make it a competition, see who can get the most points in a minute or first to 5 points, then change partners</li> </ul> <p>PROGRESSION - Make the area larger so bowlers have more of a target</p>	
 <p>Bowling Activity used to work on achieving a straight run up and follow-through.</p>	<ul style="list-style-type: none"> <li>- Pace bowling straight run-up</li> </ul>	<ul style="list-style-type: none"> <li>- Cones/larger markers</li> </ul>	<ul style="list-style-type: none"> <li>- Cones or taller objects can be placed down on either side of the bowler's run-up to ensure they are always moving straight through to the target</li> <li>- Tall object like the high poles used in this video may not be available but be creative with what you have access to</li> <li>- Remember every bowler is different so let them find what works best for them when running through the channels</li> </ul>	
 <p>Matt Henry BLACKCAPS Fast Bowler</p>	<ul style="list-style-type: none"> <li>- Hitting a target</li> </ul>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Balls</li> <li>- Wickets</li> <li>- Ice-cream lid</li> <li>- Tape</li> </ul>	<ul style="list-style-type: none"> <li>- As Matt Henry does tape an ice cream container lid (cones work too) to a desired target</li> <li>- Bowl an over and see how many times you can hit the target. Have a competition with yourself or others to see who can hit it the most</li> <li>- Move the target around to practise aiming at different spots</li> </ul>	