SPIN BOWLING

KEY POINTS

MAXIMISE REVOLUTIONS ON THE BALL
CREATE SHAPE ON THE BALL

HAVE A DESIRE TO TAKE WICKETS
INFLUENCE THE GAME

DECEIVE THE BATTER IN THE AIR
OR OFF THE PITCH
USE DIFFERENT TYPES OF SPIN

SPIN BOWLING
OFF SPIN RELEASE

SPIN BOWLING
LEG SPIN RELEASE

SPIN BOWLING
HAND TO HAND

SPIN BOWLING
BEST IN THE WORLD
FINGER SPIN

SPIN BOWLING
BEST IN THE WORLD
WRIST SPIN

SPIN BOWLING
ALIGNMENT
LEG SPIN

SPIN BOWLING
ALIGNMENT
OFF SPIN

SPIN BOWLING
ALIGNMENT
STRING

SPIN BOWLING
CREATE BALLS
FOR SPIN
SPIN BOWLING
KEY POINTS

CREATE INDECISION FROM BATTERS
CONTROL THE GAME TACTICALLY

UNDERSTAND HOW TO BOWL
LONG SPELLS
MENTALLY & PHYSICALLY

TAKE WICKETS IN ALL FORMATS
ADAPT FOR THE NEEDS OF THE FORMAT

SPIN BOWLING THROUGH THE GATE
SPIN BOWLING MULTI DAY DRILL
SPIN BOWLING TARGETS DRILL

SPIN BOWLING CONTROL DOTS
SPIN BOWLING ENERGY WALL DRILL
SPIN BOWLING CHAIR DIP DRILL

SPIN BOWLING LEG SPIN DOT DRILL
SPIN BOWLING LEG SPIN LEG DRIVE
SPIN BOWLING HOLDING LENGTH
DRILLS & GAMES

- Spin Bowling
  - Bowling into Rough
  - Straight Lines
  - Attacking the Stumps
  - Using the Crease
  - Under the Bat
  - Caught & Bowled
  - Max Energy
  - String Dip
  - Left & Right
  - White Ball Line
  - Maximal Spin
  - Reflection Drill
  - Leg Spin Leg Drive
  - Leg Spin Dot Drill