

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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## **Lecture 32: Key Points Pace Bowling**

Hello everyone, welcome to this theoretical session on Fast Bowling, the basic bowling grip, the basic actions, and how to build a basic bowling action, along with some knowledge regarding the run-up, loading, and the release. So, first, I will talk about the basic fundamental grip of Pace Bowling. So, what is the grip? Before bowling, everyone must have a particular grip to bowl. We have seen different types of grips in fast bowling. But in the basic fundamental cricket coaching, we suggest the basic bowling grip. What is that, this is the index finger. This is the middle finger, Thumb. Now, this is the ball. This is the grip. So, your index finger and middle finger will be on either side of the seam. Look at this properly, on either side of the seam like this, and the thumb will be under the ball but on the seam. Okay, the ball should rest on the base of the finger. Look at me properly, the base of the finger, okay, and there will be a little bit of a window that will appear. A little bit of a window. This will be the fundamental basic bowling grip in pace bowling. As a coach, you must teach and check the grip of the junior players or the youth players to check their grip, because the grip is very vital. One coaching point you must know. This is the coaching point, that is, there will be a gap of one finger gap between these two fingers. If it is too, you know, distant between these two fingers, then the ball speed will, you know, not be there. So, to properly release the ball, you should have a one-finger gap. Grip the ball with a firm grip, not too tight. Not too loose means the firm grip should be like this. Okay. This is about the basic bowling grip. Now, I will talk about fast bowling. So, in fast bowling, we suggest that the coach should follow guidelines to coach the best bowlers. To go for pace bowling by following ABC laws in cricket. So, what are the ABCs So, A is for alignment. B is for balance. And C is for corridor. We have demonstrated it in the practical field. We have discussed a lot. But this is a theoretical session. The key points. So, I will talk about the alignment of balance. Pace bowling, balance in pace bowling, and C for career. So, A for alignment. So, whenever a bowler runs, he should run to a particular alignment targeting the wicket. The stump is the target. This means the whole-body part should be in a particular single line. Look at me properly. The arm, the shoulder alignment, hip alignment, the foot alignment, everything should be targeted to the particular target where the bowler should bowl. A for alignment. B for balance. From run-up to follow-through, the bowler has to maintain his body balance. Dynamic body balance. Why is it dynamic, because it is in motion. So, start with the runner. He is the runner. So, for running, balance is required. After that, to continue the movement, the bowler should have a horizontal leap forward. After leaping, body balance is required. During the release, a particular balance is required, and after release, whenever the bowler is in the follow-through. At that time, he had to have very good body balance. This is called balance. And see for the corridor. Corridor means Baranda. It

means the bowler should run on a particular path. Straight path. Sometimes we have seen junior bowlers run like this, someone like this in a curved way, but the run-up should be on a particularly straight path where the bowler should run and bowl. So, if we think about bowling, the total bowling action, the first run-up will come. So, the run-up should be in corridor C. During the run-up, loading, jump, and bowl, balance is required. So, C, B. And, at the time of release, all body parts, body angles, everything should be targeted towards the target. Sims is the alignment. So, C, B, A. What I am talking about is the ABC of the first bullet point. Now, here we will talk a little bit about the basic action. So, what are the basic actions? There are three recommended first bowling actions. So, we will talk about them in the next video. Hello everyone, welcome to this session on basic bowling action. So, there are three recommended first bowling actions. They are side-on action, front-on action, and the semi. These are the three recommended fast bowling actions, and we have seen different fast bowlers who bowl with these particular actions. So, if we give an example of a side-on, the perfect example is Shoaib Akhtar. So, now we will talk about the side-on bowling action. So, in side-on bowling action, what will the body mechanics be at back foot landing. Whenever the bowler runs and lands on their back foot, it should be parallel to the bowling crease. Parallel to the bowling crease. Okay So whenever the bowler places the back foot parallel to the bowling crease, automatically his body turns side-on. Okay, hip angle and shoulder alignment should be pointing towards the target. See, if I am going to a sideward position, automatically my shoulder alignment and hip alignment should be towards the target to maintain the sideward position. Okay And the bowler looks through the front arm. Look at me through the front arm. Okay. So, through the extended front arm, maybe from the outside. Through the extended arm. Now, what about the front-on action So, in front-on action, what are the things to keep in mind whenever the bowler runs towards the target and during the back foot landing, the back foot points between mid-wicket and the batter. So, whenever he lands his back foot between mid-wicket and the batter, automatically the body will be open right now. And the hip and shoulder align in one plane. Look at me. And pointing across the pitch. See, this is the pitch. It is across the hip and shoulder. See, the bowler looks at the target just inside the front arm. See, inside the front arm. So, I am looking inside the front arm. And, this is a basic example. Flintoff. Now, we will talk about the semi-action. Semi, you know, in cricket coaching, we use this in a very good way. We turn a bowler into a semi whenever we see any fault in the basic bowling action. So, semi is a very vital basic bowling action, semi-action. What is that at back foot landing, back foot pointing towards the mid-wicket. Towards mid-wicket. The hip and shoulder are aligned; hip and shoulder should be aligned in one plane. See, one plane, one plane, okay. Across the pitch again, see if this is the pitch. My shoulder and hip are crossing the pitch. The bowler looks at the target just inside the front arm. Look at me, just inside the front arm. So, this is called the semi-action. Through the extended arm. Now, here, in the coaching session, if you find any bowler is not following these three recommended fast bowling actions, in another bowling action, they are performing in a real way. So, basically, in fast bowling, we have seen bowlers suffering from different types of injuries. What are the injuries. The injuries in pace bowling occur as a result of three factors. What are they. Poor physical preparation, over-bowling, and poor technique. If you are not physically fit to bowl, your muscles are not, you know, built up. Your muscles are not able to take the load of fast bowling; that will be an injury. Over-bowling, you don't know how many balls you have to bowl during the practice session. Over-bowling

injuries may come, and poor technique. If you have a poor technique to bowling, there will be chances of injury. So, in poor technique, we talk about poor technique as mixed action. So, mixed action is if your back foot is placed parallel, just like a sidearm, and you look like frontal, so there will be a hip-shoulder maximum hip-shoulder separation angle. Your hip is like that, and your front and your shoulder are like that, so there is a, you know, separation angle, and there will be chances of injury in the lower back as well. If you place your back foot pointing towards the batter or mid-wicket in between that, and you are looking like a sidearm, there will be chances of injury in the lower back. The next one is shoulder sidearm, hips past sidearm. It means seeing my legs go outside the line. So, bringing out a posture results in mixed action where the bowler's hips and shoulders are pointing in different directions and back foot landing. This is called mixed action. So, you know about the basic bowling action. Now I will talk about how to build the basic bowling action. So, we teach the basic bowling action we have shown on practical grounds. What is one-step bowling. What is two-step bowling. What is three-step bowling. So, here we will talk periodically about how to build the basic bowling action: one-step bowling. So, one-step bowling is nothing. Stand with feet shoulder-width apart. Take one step and bowl. Okay. So, take one step and bowl. I have shown it on practical grounds. Then we will talk about three-step bowling. So, take three paces from the stumps, facing towards the batter. And, you know, walk forward. Left, right, left, and bowl. Left, right, left, and go for the bowling. This is called three-step bowling. I have also given this demonstration on practical grounds. The videos are available. The next one is run and bowl. Now, after having, you know, the optimization of one-step bowling and three-step bowling, the bowler has to go for run and bowl. What is that. The bowler has to take five to seven steps from the bowling end stone and, by slightly increasing the speed at his own pace, run forward and bowl. This is called run and bowl. We have already talked about the practical side. Now, in the run-up to bowling, whenever they practice it, they know how to bowl. They have already developed the basic bowling action. Now, we have to teach the run-up and bowl. What is a run-up Start the run-up with a slight forward lean. So, you have to run with a slight forward lean. Look at my body. I am leaning slightly forward. Maintain the lean position until just before loading. So, whenever he is pointing his back foot and goes for the loading, the body should be straight. Look at me. Start the run-up slowly and gradually build up pace by increasing the stride length, decreasing the speed slightly just before the jump, and complete the bowling action. I have already discussed on the practical ground how to develop the run-up technique by placing the cones at 1ft, 1.5ft, 2ft, 2.5ft, 3ft, 3.5ft, 4ft, 4.5ft, 5ft, 5ft, 5ft. So, you are increasing the stride length from 1 to 5 and bold. The path of the run-up should be towards the striker's off-stump. I have already given a demonstration and a marking from the off-stump to the run-up in a single lime dust marking. And I have asked the bowlers to run on that particular path, and follow the correct running technique. So, what is the correct running technique. Your arms should be close to your body. Whenever you are running, look at my body mechanics; it should be followed. Lean forward, shoulder to pocket, the arm should move like this. Okay See. This should be followed whenever the bowler runs. Next phase, we'll talk about the loading. Loading is the preparation to bowl. What is that. Whenever a bowler comes to this position, see. This position. Okay. This is the loading phase. This is the preparation to bowl. After that, he comes into the action and bowls. It's very important in pace bowling. Loading. So, loading is just like the bow and arrow technique. Whenever an archer places his bow like this and places his arrow like that, the

bowling technique should also be like this. See. Okay. See now what the technique is. Whenever you see the loading, it should be like this, so eyebrow level. The loading should be over here, the ball okay. The elbow should be pointed towards the ground, okay. And the bowling arm should be in the line of the bowling arm axis. It should not go like this here or here. It should be in the line of the bowling arm axis. These are the key points of loading. Coaching points. I have already discussed, on practical grounds, how to coach loading. Now I will talk about the release positions. What are the release positions. The different types of release positions are there. What are they. This is the vertical release position, at the top of the head. This is slightly away from the head. This is away from the head. This is the round-up release position. And this is past vertical. So, these are the release positions that are there. What release positions do we have to follow. We have to encourage the base bowler to bowl from the top of the head. And to develop bowling from the top of the head, we must follow the coaching points, whatever I have told, on practical grounds. I have given a live coaching demonstration on how to teach the release. Follow that one. The very important point, whatever I am going to talk about right now, is the jump. We have seen different types of fast bowlers jump differently. Some bowlers jump too high, and some bowlers jump too low. What is the correct technique. The correct technique is to jump low. And it should be a jump forward, not a jump high. Jump horizontally, just leaping forward. That should be the jump. Why. Because whenever a fast bowler jumps too high and lands, if the jump is too high, the body weight exceeds 9 to 10 times the body weight upon landing. Because of that excessive body weight, the back foot will collapse, then the front foot will collapse, and the height of the release will be compromised. This is the technical part, and from an injury point of view, the ankle has to take an excessive load. The knees have to take an excessive load, and there will be a chance of injury to those particular joints, thigh muscles, calf muscles, and back muscles. That is why we avoid jumping high; it should be a horizontal jump. We have given demonstrations on how to jump forward instead of jumping high. This is very important. Thank you, everyone. This is about the first bowling coaching session. Thank you.