

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

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## **Lecture 35: OFF SPIN BASICS**

Hello everyone. Today, we will talk about off-spin. So, off-spin. So, today we will talk about the spin department. First of all, that is off-spin. We will talk about off-spin. So, before going to off-spin, we need to check our spin. What is spin? So, spin is rotating the ball. We are rotating the ball with our fingers. And the ball is spinning at that moment. That is spin. This spin determines how you are using your fingers. So, it means, if I am the coach of any team, then I need to know how I will prepare the spinners. So, prepare an off-spinner, first of all, I have to keep in mind that the player can spin the ball. Ability to spin the ball. He or she can be a spinner for you. So, if a bowler has that ability to spin the ball, then she can easily turn into a spin bowler. It's very vital. It's very important.

As you can see, when a right-handed batter bats, the spin comes from the off-stump to the leg-stump, and sometimes from the leg-stump to the off-stump. There are different spin techniques and different spin names. We use those spin techniques to name the spinners and to name the category of spin. So, today we will talk about off-spin. So, off-spin is when a ball is pitched, and after pitching, from off-stump to leg-stump, the ball turns; that is known as off-spin. This is also called orthodox finger spin, which means you have to spin the ball with your fingers. This spinning determines how you are using your fingers, your grip, and how you are mastering the technique of spinning the ball. You have to spin hard; then it will be easy for you to be a spinner, to be an off-spinner. So, while doing the off-spin, the principles of off-spin. Both fingers, the index finger and the middle finger, we have to keep the ball in a cross shape, and we have to place the index finger and middle finger like this. Now it will be on the base of the finger and with the thumb. So, this is the grip of spin. So, spin, when we know the line and length, how do we correct it? The more I can work on the line and length, the more control I will get over the spinning. I will be able to control the spin as well as the accuracy. If we divide the spinner into family, then right arm orthodox finger spin, left arm finger spinner, left arm finger spinner, wrist spinner or we can say leg spinner or China man wrist spin chinaman in this way we can categorize by looking at the spinner now up spin so up spin is done now this is the grip What should be the grip for half spin? These two fingers, the middle finger and the index finger, have to be pressed like this on the cross seam, and the thumb has to be placed on top of the seam like this. And in support, the ring finger and the little finger will be. Here, the role of the fingers should be Inverse finger will act as the spinning finger. The middle finger will act as resistance to the ball. The thumb will act as a support. So, this is the basic bowling grip for off-spin. Now, from where do we have to release the ball? So, we have to release the ball from the top of the head. So, from the top of the head. And for maximum, you know, to achieve the height, the stride will be small. Just after the release, the body rotation. Body rotation is very important. So, just after the release, the body has to rotate. And if I talk about the run-up, the run-up will be short. I have to go through small steps and off-spin. So, I will give you a demo for this, how to go off-spin. This is the grip. Once again, from the side view,

this is the view of off-spin, the principles of off-spin. Now, in the off-spin case, how will we practice? We will see that through drills. Loading and loading practice. Loading is very important in spin bowling. So, before that, we have to practice loading. Then, after that, we have to work on loading and releasing. Then run up. So, there is a very important role in the run-up in off-spin. We will work on that run-up too. So now we will see how we will work on the run-up. Then we will see how we will work on the loading and release. Then there are some vital points. When we release the ball, we have to clear one of our back legs. We will see how we can practice this through drills. So, we learned about off-spin, we worked on run-up, we worked on run-up phase, path drill, we worked on off-spin loading, and we worked on release. So, we gained a total of some knowledge on how to teach off-spin.

Now, if we say left arm finger spinning. So, what is that? So that is the mirror of the right arm finger spinning. Right-arm orthodox spinning is called the mirror version of left-arm spinning. We have to work on our left arm spinning in the same way, as this is also a finger spinning. So, we have to drill in the same way and develop the left arm spinner in the same way. Let us see how the path changes in the left-arm spinner. What? Do you want me to turn it on? So, we can see here the run-up of the off-spin that we had done, I have marked it on the left side. So that path will be followed for the left arm finger spinners. So, let's see. This is the path. My athletes... Walking face. Walking face. So, in this way, practice the walking face. Jogging phase, jogging phase practice. Then loading phase, followed by a loading phase and a release phase. So, the same techniques will be followed as with right-arm orthodox spinners that I have done. In the same way, for left-arm spinners, who are the finger spinners? Why? Potatoes taste good. How many have you eaten? Five. Okay.

Now, we have already learned about the different drills of the off-spin and the left-hand spin. Now, we will go for the variations of the off-spin. In the case of variations of the off-spin, we have given more importance to the topspin. There are others. Without any limitations, if a player can do something else without breaking their arms, I will allow that. But in the basic coaching, the basic coaching that we do in the academy or the coaching session, we insist on the players, we insist on the natural players, they go for only topspin. So, what is topspin? The variation of off-spin. The ball from the off-side to the leg-side of the off-spin, here the ball will not take any kind of turn, the ball will come into the seam, and the ball will fall back, bounce a little and hit the bat span. Bowling action is the same as off-spin. I have to come to the off-spin with this kind of technique, but instead of rotation of the wrist, here the wrist has to be straight, just like this. So that you can see the seam of the ball. We can see the seam of the ball like this. This is how the seam of the ball will be. And the one that is at the back will come straight towards the backspin with a slight height. That is the topspin. To top spin, we don't have to do anything. We keep our strength as up spin. Then, see, we have to start from the top of the head, and we have to use this wrist like this so that the ball will go straight. This is topspin. So, on an off-spinner day, we will learn the variations very soon when the pair matures. So, let's talk about leg spin and its variations.