

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 36: OFF-SPIN STOCK AND VARIATIONS

So, now we will see how the path of the off-spinner is drawn, and how the path should be seen, and with that, how the path is drilled on top of the path. I will correct the technique of construction, I will discuss it, and we will see its drills. So, you can see, boring press, just put it on top, marking is done, a path is created, that is the path for the off-spinners. So, if we practice run-up on that path, then the technique of run-up and when the off-spinners get run-up, the more they get curve or the more they get straight, when we see some problems like that, then the technique that we have learnt about the path drill. We can do a path drill. We can do the training. So first of all, we have to see how we will use this path drill. So first we will go walking on the path. Then, jogging onto the path. Then running and loading. Then running, loading and releasing the ball. So, in this way, we will complete this first drill. So, I am demonstrating this first. Then our off-spinner demonstrators will do it. If there are any faults or corrections related to it, then and there we will do it. So, you can see that I have a path in front of me. So, to recognise that path, I will have to go over the path with another experiment. So, why don't you spin with the ball? We say that this path will only work. Give me the ball, please. Topspin it. Before starting, the path will... He or she will grip the ball and walk onto the path like this. I'll go back. I'm going to ensure as a coach that my off-speed and the perfect step, the marking on the line there, they place the party on top of that. So, I'll demonstrate this. Now walk into the party. The perfect step, the leg will fall on top of the party. Yes, very good. And bend forward. Do the off-spin in the same way. You will move like that. Okay? So here I have seen that my... The game instructor's foot has gone out of the net a few steps. So, I will insist that every step should fall on top of the net. Very good. Very good. Now I will show you how to do jogging on this. Come. Very good. Okay? Four feet alignment. Go. Very good. Now, in this way, when they jog on our path, an automation will be made so that they can easily, without any hesitation, they can jog, then we will take them to the next duel. The path and go for loading. Very good. Let's go. Very good. So, in this way, we will practice jogging on the path. When the loading will sit on the path, when you see that they are doing it very smoothly, then we will insist on releasing the ball. You have to release the ball. Very good. Go back. Come back. Now, what are you doing? You are doing it, your foot is going out of the net. These are the faults. I had seen that my player, on top of the net, couldn't bowl with every foot. This is insisting on me again and again that I have to come back. On top of the net. Very good. So, I have seen that. How will we use this path? How will we drill on this path? They are walking on the path, jog on to the path, run and load, then run, load and release the ball. It's a very important drill. So, if we use the path drill like this to develop the run-up, we will get a lot of benefit to develop the off-spinners.

So now we will discuss the loading of off-spinners and how we will learn the loading. So, what is loading? We know that loading is the preparation for bowling. So here I have to show that when I load off spinners, my loading will be in line with the bowling arm. Look at me in the side-down position like this and bowl to me. See. This will be the loading. Okay? So, this will

be the loading phase. From here, I will be able to release the ball. So, how will we practice this? I will show you. Like standing bowling, back foot landing, one step up, loading position, like a shadowing action. You have to see me from the outside of the extended arm. Once again. Once again. So, how to practice this? So, we have demonstrated. Please come. So, come to the loading phase. Just loading. Okay. See. Here, I have to correct. The arm goes to the back. So, I will insist. Arm, bowling line. Bowling arm's axis. My bowling arm stays. Loading stays with the body. This is perfect. Okay. So, this will be the loading phase. So, let's practice once again. Come back. Come to the loading position. No. Okay, once again. Go. Good. Yes. Once again. Yes. Yes. So, this is the loading phase.

So, this is the loading phase. We will do the loading and release drill now. I will show you how to do the loading and release drill. Then, our demonstrator will perform. So, keep watching how to do loading and release. Loading and release. Loading and release. So, we have to practice this. So, demonstrate this to us. Okay, don't put your back foot in front, okay? Okay, good. Okay, good. Come. Okay, when you are loading here, your front arm is bent. Try to keep your front arm up. Okay. Come on. Once again. Very good. Come on to the toes. If you come up on your toes, you can achieve the height. So, we have seen how to load and release. There are a lot of corrections in this. I have mentioned the key points. We will do the corrections with those key points.

Now, the release phase. How will we work in the release phase? I have to keep in mind a few things here. Whenever two up spinners are releasing the ball, the back foot will be 4. So, I am showing you, and we will do this drill. We have to do this drill so that the back part is like a floor. In the beginning, we had to do the off-speed vaulting. So, here the snake will do the floor first, and then if her action happens, she will wait for the boy to come to her. Swim this way. Those of us, please come. Very good. Go. Don't wait for the ball to come to you. You just wait for the forehand. Wait for it. The body is leaning forward. The body is leaning upward. See. Look at me. See. I am leaning upward. My body is straight. My body will be straight whenever I release the ball. Okay? Don't lean forward. Don't lean forward. Now, where does the problem come from? How to be on the toes? Look at my toe. Okay? Come to this place. What is sugar? What is sugar? Once again. Come. So, this is how we have to practice. Many other drills have to be done. If your off-spinner is unable to position his or her feet, come onto the toes, not able to pivot on the toes, which we were able to see. And with that, my releasing or loading, the phases I mentioned, I have to work on these phases.

So now we will go to the next phase. Thank you. So, we were working on loading. How will our 4 be? We will see that from the side view. We will see from the back view. How will our 4 be maintained in the back? How will the 4 be maintained with the leg? We will see that now. Go. See. Maintain the position. Okay, ready. Come, once again. Good. So, in this way, we can do some drills to maintain the foreleg. So that we get a prominent delivery of the off-spin. So, we have seen the grip of the off-spin, how to do the grip of the off-spin, how to go into the bowling action, and how to do the drills. I want to say one thing here: we need to work on the player's natural ability. So, we know a lot about the mechanics of the off-spin, but the natural ability of the player, or the natural use of the player, we have to base it and coach it. So, how to coach? We have to We will know how to use natural genius for coaching. We have seen the basic concept here: that we grip like this and take the off-spin grip. We know this in copybook style or fundamental grip. But many players can do off-spin by gripping in different ways. Will we change them and bring them to a normal grip? Not always. That is their natural way. If they can spin, as I said earlier, the ability to spin the ball, he or she can be developed into a spinner. So, if the spinner can spin the ball when it is in a good grip and it is up-spinning, then in that

case, the natural thing is that he is up-spinning. She is a good off-spinner. She will show you her technique, how she grips the ball. Come. She is gripping the ball like this. I have taught how to grip the ball. So, he is different. So, see, gripping the ball like this. As he is turning the ball. Spinning the ball like this. So, there is a difference. He can spin very well. So, I will change the spin here. I will bring it here. It will be shown here. If I go somewhere with this, then this spinner will not be able to do the natural off-spin or use the natural ability to take wickets or bowl the ball. So, we insist to the coach that we have a lot of knowledge about off-spin and leg-spin. But the natural tendency of the player is how comfortable she is with this grip and how she can spin. So, there is no need to change the grip if it is comfortable for her and she is taking wickets.