

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 74: Revisions of Bowling Skill

Hello everyone, let's talk about the revision of fast bowling. So, we already have discussed and demonstrated; we have given a lecture on fast bowling. Now today we will go for a revision of fast bowling. So how will the grip be done, and what are the mistakes children can make in a cricket session, and as a coach, what do you have to do. During that time, so as you know, we'll start with the grip of first bowling. So, this is a ball you can see. So, what we know is that the index finger and middle finger will be on either side of the seam. Sometimes players, what players do, they are gripping like this, so this may decrease the speed of the ball. Okay, so instructing him to grip the ball just by the side of the seam is a basic bowling grip, and take a one-finger gap. Okay, and this, you know, sometimes players, you know, their thumb under the seam, but sometimes they grip the ball like this. So, during this time, whenever they release the ball, the ball comes along in the air. So, it will not be in the seam. So, it is better to tell them just, you know, what I have done: the thumb, just the inner seam, put the finger in the inner seam. So, it will be in a good alignment. And the main thing is that whenever they grip the ball, what they have done is that they have used their wrist. They move the wrist whenever they bowl. So, keep them in a practice that whenever they bowl, the wrist should be cocked and it should be straight. See, it should be straight. Palm, look at the palm; it should be straight. And release the ball like this. See, release the ball like this. So, if there is a movement of the seam, either right side or left side, then the ball will go according to that situation. so as a coach sometimes we have seen you know different coaches they told that if your wrist if you want to bowl onto the particular offside that then wrist move your move your wrist like this if you wants to bowl on the borderline of the bowler move your wrist like this so this is not correct wrist should be straight to release the ball like this so as like that you are brushing the brushing in the air see it should be like this so that the seam will be up righted throughout the ball so in grip it's very important there are different type of grips are there you know various sense of grip grips are there but in basic fundamental coaching we insist players To bowl and to grip the ball like this. Now, some players will ask you. Sir, I have seen Mohamed Sami; he is gripping the ball like this. I have seen Stark; he is gripping the ball like this. Sir, I have seen Bradley; he is gripping the ball like this. So, they are advanced players. They have so many experiences. They are gripping like this during the release. They can change anytime; they can

change the grip of the ball. So, insist they first know the basic bowling grip, bowl with the basic bowling grip, and whenever you master this skill, then you can go for some variations. Now, variations of fast bowling are very important. These are the weapons, you know, our bowlers have. Now the problem is whenever a young junior player knows about the variations, unknowingly they are using them. So many times, during the match. So, the mystery that the bowler will go. Because most of the time, if the bowler bowls the stock balls or variations, then the batter will understand that this bowler will come, and he may give this type of one. So it will be, you know, uneasy for the bowler to go for a new ball. Or stock balls—that's why you always insist your player go for basic bowling, and whenever there is a necessity that you are unable to disturb the batter or the pitch is not helping you at that particular time, sometimes you can use the variations of the grip. Now, after knowing the grip, we must know the basic fundamental laws of fast bowling. As we know, in the previous classes also, we have talked about these fast-bowling principles. So, the ABCs of fast bowling. So, A is for alignment, B is for balance, and C is for corridor. We have already been shown. Now the thing is that whenever you see a bowler, he is bowling in a particular straight line, and he is maintaining a proper alignment towards the batter and towards the target. Now, what is the alignment. You have to check it out. The alignment. Alignment is when the bowler runs towards the target, all the body parts, whatever they may be. Now, the leg, the body parts, the shoulder, the non-bowling arm, and the bowling arm should all be towards the target, as I am right now. If the camera is in front of me, this is the target. So, during this time, all my body parts—look at the ball, look at my shoulder, look at my hip, look at my knees, look at my feet—everything is in line with the camera. It means the target. So, this is called the alignment. Now, whenever there is a mismatch in alignment, there will be a problem in the body. Some injuries may occur. That's why you have to check each and every time whether the bowler is bowling in proper alignment. Now, for example, the trunk lateral flexion—what is it. Sometimes we have seen bowlers bowl like this. Okay, this is trunk lateral flexion. The trunk is going back, you know, away from the body line. Why is it happening. Because sometimes in the coaching session we have seen, look at my front foot. Opening of front foot. I am bowling like this and opening my front foot. We have seen. Look at my front foot. If it is like this, then the body will tend to go here instead of here. So my target is this. But if my front foot will open, then my body will go here. Now suddenly, my body will react to me; they are This is the target, not this. So, at that time my body will go, and I have to go like this. So, there is a misalignment. Mis adjustment of the alignment. And there will be a problem in the back. Ankle. Ankle problem. Knee problem. Because all the body weight and the body momentum will go in the opposite direction of the target. Instead of going to the target, so first of all, check your front foot to see whether the bowler has opened the front foot or closed the front foot too much. So, if it is too much closing the front foot like this, then the bowler will bowl like this. Ok, so it is, you know, necessary to bowl in a straight line. Look at my front foot; it is also down to the wicket, and I am trying to

go. So, mismanagement of the alignment, misappropriation of the alignment, may create problems in fast-forwarding. This is the first thing as a coach you have to check. Now, during the time of the delivery stride, what we have seen during the delivery stride is that some bowlers plant their heel first. Okay. Heel first, then it goes for the toes. So, heel ball toes. Efficient body weight transfer. But, instead of that, sometimes we have seen that bowlers landed on the toes of the feet like this. Toes of feet. What happens. It will create an external load. to the front foot, and it tends to break the front knee, so whenever the front knee breaks, the height of the bowler will decrease. See, from here, I am bowling. If both of my knees are flexed, the height will decrease, so why a fast bowler. maximum time goals short pitch delivery Why is he unable to bowl a full-length delivery, a good-length spot, or a yorker. Why. Because of this. If there is a tendency of the front foot, you know, collapsing during the landing or the back foot collapsing, if the back foot collapses, it will tense, and the front foot will collapse. So, the height of the bowler will decrease. So, when the height of the bowler is decreased, then the ball will be delivered at a short pace. And this is the problem. Most bowlers have this problem. Now, if we come to deliver the ball, you know, at the time of loading, so what we have been told is that the loading should be here. Okay, it's the preparation to bowl. In the bowling arm axis, the arm will be elbow will be pointed towards the ground, and the ball, you know, should be at eye level, not go behind, because the alignment, whatever the forces I'm applying, whatever the momentum I'm getting from the run-up, that should be transferred to the bowling arm, and you will bowl. But if your arm goes back, whenever the arm goes back, your body will go back, so whenever your body goes back again, you have to bring your body forward and bowl. So, momentum will go back. So, to tense your momentum towards the target, always during the loading, your body should be straight. Straight and bowl. This is very vital. This is also a check-out point for the coaches to look at your bowler. Whether he is bowling or not. And one thing you have to keep in mind, wherever the loading will be, it should be here but final phase whenever he comes to the bowling on that time the elbow should pointing like this and the final phase of loading also if the main loading is like this sometimes we have seen the bowler's balls like this but if from here it it should come like this the end phase of people loading this is very vital the kinetic channel and the kinematic chain from back foot landing to the release of the ball is very vital that as a coach you have to follow now during the release point but now we're coming to the release point there are several release points are there and we insist our bowlers not use the release points too much too much time whenever there is a necessary of balls like this you can change the release phase. So, this is the vertical release phase. This is the first vertical. This is slightly away from the head. This is away from the head, and this is downward. So, these are the, you know, release points that are there. You have to check whether the bowler bowls from that particular area or not. But insist your player bowl from a vertical release point. This is very vital for a bowler. If he bowls from here, then there are so many things he can apply during the bowling. Now, you know, if you see that your bowler has a little bit of a

problem regarding the bowling action, then you can have to use the techniques of basic bowling action building techniques. What is that. One-step bowling, three-step bowling, walk and bowl, and run and bowl. You can use it. Whatever you have, and so on. Standing bowling, making a standing bowling. Prepare his body for the original action. So, what do we recommend. There are three recommended bowling actions. What are they. The first one is the side-on action. See the side-on action. I have already mentioned the key points. This is the front-on action. And this is the semi-action. Okay. So, we have already discussed it. These three recommended actions. You can use any recommended action to go. Why is it necessary. Because these are injury-free. Why is it injury-free. Because the hip joint and hip-shoulder alignment are in a proper way whenever he or she bowls, the release point will be good. The alignment of the body is good towards the target, so it is vital and very important to maintain these three recommended basic bowling actions: side-on action, front-on action, and the semi-action. Now, in cricket coaching, whenever we work with players, we have seen that bowlers bowl with a side-on bowling action type of foot plant that is parallel to the bowling crease, and they slightly move like this. So, if there is a problem of alignment—that is, he is planting the foot like this—look at my feet first, and he bowls like this. So, it may tend to be a mixed action. And it will create a problem in your back. And spondylosis may also occur. That's why it is necessary to go for the recommended basic bowling action. So, if you have that problem in your coaching, the bowlers have the problem in the coaching session. You can use the semi-action for bowling. This is very vital. So, you can change the bowling action from mixed action to semi-action. Now the things will come. What are the things. That is the run-up. The run-up is the most vital phase in fast bowling. If your run-up is good, then you are loading your release, and your body action bowling action will be good. Mind you, the run-up is the main phase of fast bowling; that's why you have to concentrate on the run-up technique of the bowler. If you change the run-up technique, automatically all the other things will automatically change. You have to work on the run-up. So run up whenever your player is, you know, starting the run-up; insist they bowl from heel to ball to toe. So, before starting the run-up, they should jog for one or two steps walking, and then they can start the run-up. Why. Because of the static position of the ball. Whenever you are in the static position in fast bowling, suddenly you have to start the run-up. So, whenever you are going to start the run-up, there will be an initial problem. To start your run, that's why from static to dynamic, it is very difficult. So, from static to dynamic, you have to make your body dynamic in position, and you can go for the bowl during bowling during the run-up. What are the things you have to keep in mind. The first thing is that whenever your bowlers run, insist that they bowl from heel to ball to toe action for rhythm. We have seen in the book it is written that the run-up should be economical, the run-up should be rhythmic, and gradually it will increase. How. How will it be increased. This is the question. If you motivate your fast bowlers to bowl from heel to ball to toe, then automatically the rhythmic action will come. But if your bowler bowls from the ball of the feet and runs up from the ball

of the feet, then they can't check the speed during the run-up. That's why it is necessary to go from heel to ball to toe. This is very vital. Now, what will be the arm action. So, whenever your bowler bowls, your arm action should be like this. It will be like this. Now, how do you use it. It's very vital. Shoulder to pocket. Whenever you move your arms, shoulder to pocket, the arm actions will be. Okay, look at me first. Okay, this will be the run-up technique for arm action. How do you hold the ball during the run-up phase. So, we have seen most bowlers hold the ball like this and run like this. So, see my muscles. Look at my muscles—they are in the contract phase. Also, whenever you bowl like this, your body parts—you know, two arms—will go away from the body as I run. So, it is better to grip the ball like this and start running. Your muscles will be relaxed, your arms will be tucked to your body, and you can run properly. As you run—whether a 100-meter sprint or jogging—we run like this. We do not run like this. So, it is like this, and you are running. Now, during the running phase, your body will be, you know, from hip to shoulder, the body should be bent like this. Lean forward like this. To get the advantage of what. Aerodynamics. To pass the air, and you are running like this. Whenever you start loading your body, it will straighten, and you have to bowl like this. So, it is necessary, you know, to make your body in such a position that you get all the advantages of the momentum you have created in the run-up, and you put it into your release. The ball speed will increase. These are very vital. Points to be kept in mind in fast bowling. Now, in fast bowling, there are different types of variations. We have seen the words "off cutter, leg cutter, in-swing, and out-swing. They are the basic fundamental variations of fast bowling. What are they. First, we will talk about the off cutter. Off cutter—now we will talk about the variation. The first variation is the off cutter. We have talked about the grip of the ball, how it should be. Now, points to be considered whenever you are teaching the off cutter. Players forget that they are using a variation, so they bowl the off-cutters like a normal action. Top of the head, but you know, it will disturb the ball. So, during the off cutter, motivate your player to bowl from slightly away from the head so that we can create the angle and go for the off cutter from here. You will not be able to off-cut here; you have to go for the off-cutter. Okay, now he is unable to rotate his wrist. As you know, open your knob to open the ball. Watch, go for some drills. Ask your player to grip the ball like this, and he will move his wrist like this in the coaching session. You should grip like this and go for this. So, step by step, you have to develop the first bowling cutter. Step by step: first of all, gripping the ball, move your wrist, make him, you know, possible with the grip. After that, standing. and just moving his wrist and throwing it to the net whenever he will be mustering onto that particular, you know, release Then ask him to do a half rotation of the ball and release half a rotation of the sea from this position. Half a rotation now from this position. After loading, the arm will come like this from this position. He has full arm rotation and release. full arm rotation and release. Then whenever he has mastery over this technique, the sequence technique, then you have to apply one-step bowling or standing bowling. Standing bowling, okay, and go for the opposite. Then one step bowling

and off-cutter. Three-step bowling and off-cutter. Walk, bowl, and off-cutter. Run and bowl an off-cutter. See the development of the player. He will be master of that particular thing. The point is, he has to release the ball away from the head or slightly away from the head to create the angle. Now, how to use the crease whenever he goes for the off-cutter. If the stump is here, if he uses the crease close to the stump, then it will be a problem for him to bowl off cutter. So ask him to use the crease a little bit away from the stump. So that the angle will come. From here, you will go for the angle. Release the ball. And whenever it goes away from the batter, it will pitch, it will turn towards the batter. If it will not turn, the ball will slip. It is very vital. Now, every time you will get the advantage of the off-cutter as it is turned, turned onto the pitch, and comes towards the batter. It is not possible. Every time you will not get that opportunity. What to do. The thing is that, whether the ball will turn or not, you have to use an off-cutter. Why. Because whenever you make the ball off-cutter-like movement, the ball will pitch, and it will slow. Whether it will turn or not, turn is not the objective or aim of a fast bowler. He is using the variation. If the pitch will support him, it will turn. If the pitch will not support him, the ball will not turn. But the ball will make its slowness, and it will disturb the batter. And the batter will go for a miss hit, and he will be out. So this is very vital in an off-cutter or in other cutters that you should use the cutters, whatever the cutters you know, use. Now, how to use the off-cutter. In the very first phase of the innings, whenever the ball is new, don't ask your bowler to use the off-cutter. First of all, ask your player to use the newness of the ball to their advantage. Then slightly whenever the ball will be, you know, a little bit semi-new, the batter is very much, you know, confident to bat well at that particular time. You can use the various If your bowler is able to bowl off-cutters with the new ball also, they can. There will be no jurisdiction, but you know, as they are growing kids, I am talking about the growing kids. So let them bowl their natural bowling, pace bowling. Don't allow them or don't make them that possibility that they should bowl off-cutters from the very beginning stage of the match. Because they have a long future. So, if they bowl with variations at the very beginning stage, their future will be in trouble. Because they will depend on variations only. So, make them bowl pace bowling. Now, we will talk about the leg cutter. So, we have already been told about the grip of the leg cutter and all. Now, from where should it be released. It should be released from the top of the head. Now, in the off cutter, I have been insisting on bowling away from the head. But in the leg cutter, it should be from the top of the head. Get the advantage like this. During this time, it is also kept in mind how to release the ball. So again here, you know how I am using the ball, see. It should be practiced how I'm using the leg cutter grip and how I'm making it possible. Okay, then from a vertical position, release the ball like this. Then slightly, you know, back from the head, tell him to hold. Then after loading, the hands will come like this, and it will go and release. After that, stationary ball drill. From a stationary position, you have to go for bowling. Then one-step bowling, two-step bowling, three-step bowling, run and bowl, and make him able to bowl like a leg cutter. Here, the possibility also

depends on how you are using it, like the off cutter. Whatever I have been told, the same thing will be applied to the leg cutter—where you have to use it, where I have to use it. Now, it is not necessary that your bowler knows both the cutters. It is not necessary. It is your duty. It is your duty to teach your player off cutter as well as leg cutter. Now you have 10 fast bowlers in your team. From 10 you will see 3 to 4 players are very good at off-cutters. 3 to 4 players, they are very good at leg cutter. Now don't force them to go for another cutter. It means the bowlers whose off-cutter is very good don't force them to go for the leg-cutter option. Whenever they feel that the off cutter is working for them but they want new variations. They know the variation leg cutter automatically; they will try to bowl in the nets. The first experiment should be on the nets, not in the match. or in the simulation match Practice whatever you know whenever you are conducting a simulation message on Sunday or Saturday with the team match situation. At that time, you can ask your player to use your variations today, and you can find two to three players who are very good at off-cutters as well as very good at leg-cutters, so this is their quality. So, according to the quality, the bowlers will develop their cutters. Don't force them. It is your duty to teach them the different types of cutters. They will apply to themselves what, you know, cutters are applicable for them. It's very important from the coaching point. We have seen different coaches; whatever knowledge they have, they put it into the player's mind. And the player is unable to understand what to hold. So, first of all, teach them the off cutter. First of all, it is the leg cutter. Whatever the cutters understand, it is good for them; they can use it. Let's talk about this swing: the in-swing and the out-swing. In-swing and out-swing. In-swing, I have already told you regarding the in-swing delivery: where the grip will be, where the seam will be, and where the shining part will be. All the things we have mentioned. Now, how to use the in-swing. What are the checkpoints. How will you correct your points. Most bowlers know about in-swing, the grip of in-swing, but they don't know how to use it. How to use it means this is the stump. Again, for in-swing, you have to use away from the stump release. We have seen bowlers, you know, swing the ball when the target is the middle stump. One of the bowls, the ball in-swings, and the ball moves towards the middle stump. Now, see, the ball will move towards the batter from off to leg, and it will go wide. As the target is the middle stump, so far away from the off-stump target, away from the off-stump, the ball will move away from the off-stump, and it will go towards the batter. It will create a problem for the batter, so you have to use the situation and teach your player the situation and then how to use the in-swing. Here, the grip works. Keep your wrist upright every time, only pressing in the air with the same quality: rough side Shiny side, they will work according to their own. But you have to ask your player or tell your player that whatever the swing may be, keep your wrist in a prominently straight way. Wrist cocked, and it should be straight. Do not move your wrist. If you move your wrist during the in-swing or out-swing, the ball will go in a different way. Big, big, wide, you can see. That's why, as a coach, you must know how the wrist position should be. The wrist should be straight. Once again, I am telling you. For swinging the ball, it

is not necessary to move your wrist. If the airflow is there and you have a good grip, you release the ball well; automatically, it will move. Now, how to release the ball. Till When releasing the ball, until the ball is released from the tips of the middle finger, at that particular moment, the ball will be released, and it will work. But if you use both fingers' tips, it will create a problem. So, as a coach, you must know that the middle finger works a lot for in-swing. The middle finger's tip will be the last one to touch the ball at the moment of release, and it will go. Now, there are several balls available in the market. You can use them for recreational purposes also. So, what is that. We know that one side should be rough, and one side should be shiny. So, look at this ball. One side is rough; one side is shiny. So, grip the ball like this and release. As it is the rough side, the ball will move towards this. So, as you know, in a practice session as a coach, you can give such types of balls for recreational purposes also. So, whenever the ball moves towards the next turn, they will understand that this is in swing. And whenever they use the original ball, they will try to do that. And it will be a very good practice for the players by using this type of ball or this type of ball. So red and white. So, if the ball will be in swing, see this is in swing automatically they will understand yes, the seam is towards the final leg and it moves towards this. It means the ball is moving like in swing. You can use the technique. The follow-through is very important, so when you release the ball, it should be from the top of the head, okay, and release the ball in the line of the body, and you have to open your body a little bit. See, release the ball and follow through, opening my body a little bit to allow the arm to go in the line of the body. It will help you out. Follow-through works. release works wrist works You know, shiny part of the ball, rough side of the ball, releasing point—everything works whenever you go for an in-swing delivery. Let's talk about the outswing. We already discussed the outswing. The rough side will be on the off-side of the right-hand batter. Seam will be towards the first leap. And whenever you are bowling, your index finger will come. At the last moment of the ball, the index fingertip will touch. Whatever the actions, whatever the system I told you regarding in-swing, that should be possible. But the only thing is, how do you use the crease. In our in-swing, we are using away from the thumb. Outswing, it will come close to the thumb. Now, from close to the thumb, you have to use the away-from-the-head action. Create the angle. And the follow-through will be across the body. Now, where should the ball be pitched. The ball should be placed at the middle wicket, middle stump. And the ball will go from middle stump to off stump. Move like this. And to disturb the batter. To swing the ball, as a coach, always ask your player to use the air mechanics. Most of the time, the ball should be in the air. Let the batsman come forward to play the shot, not wait for the back foot. Don't allow the batsman to be put on the back foot for swinging the ball. If you make a back foot, it means you are creating a short-pitch delivery. If you give a short-pitch delivery, short of a run delivery in a swinging ball, the ball will not swing in the air. The ball will swing in the air; it will come like this, the batsman will come forward, play the shot, try to play the shot, and it will disturb the batter and make the batter out. So, this is very vital. As a coach, you must

know these principles of swinging the ball. Not only the grip and all the systems related to how to swing or swinging the ball. It should be kept in mind. Let's talk about the whole system of fast bowling. So as a bowler, as a coach, you should know that these are the various enough. Off-cutter, leg-cutter, in-swing, and out-swing are enough for children. For children, it is enough to teach them. Do not go beyond this. Whenever they are mature, playing under-19, under-20, under-24, or senior, then they will realize whether they require another variation or not. Let them try in the nets. They will practice in the nets, match simulations, and matches. They will master the skills and go for variations with their stock. And to be a prominent fast bowler. These are all about the division of fast bowlers. Thank you.