



## Pace Bowling Curriculum – Year 7 and 8 (11-13 years old)

As a coach it is essential that you assist your pace bowlers to develop in a safe environment and understand that they need to be monitored carefully to allow them to develop safely. Pace bowling is a skill that places a lot of stress on the body, but with the right programs put in place and awareness the pace bowler will develop and become a hugely valuable member of the team.

The shorter, appropriate pitch length will greatly assist pace bowlers, who will bowl with a more natural action rather than having to force the ball down to the other end. Once they are developing some consistency they can start to learn about out swing and in swing deliveries.

### **Ball performance**

- Wrist behind the ball.
- Pull down on the back of the ball to create backspin. This helps stabilise the ball through the air.
- Present an upright seam.

### **Grip**

- First two fingers slightly apart on top of the seam.
- Thumb underneath the ball on the seam.
- Experiment with width of fingers and thumb position. Player to explore what works for them.
- Gap between the ball and the palm of the hand.
- Experiment with seam angles.
- Important to adjust seam angle and re-grip

### **Out-Swing (swings in the air away from the batsman)**

- **Where to bowl it:** To a right-hand batsman pitch the ball on off-stump or middle and off stump on a good length. The line depends on the conditions and amount of swing the bowler is getting.
- **How to bowl it:**
  - Point seam towards 1<sup>st</sup>/2<sup>nd</sup> slip
  - Release ball off index and second finger (individual preference)
  - Shiny side of ball faces the on side
  - Follow through across the body

**In-swing (swings in the air into the batsman)**– shiny side on off-side bowling to a right-hand batsman. Seam pointing towards fine-leg.

- **Where to bowl it:** to a right-hand batsman pitch the ball just outside the line of off-stump on a good length. The line depends on the conditions and amount of swing the bowler is getting.
- **How to bowl it:**
  - Wrist should be positioned so that the seam is angling into the batsman (right hand bowler to a right-hand batsman)
  - Point seam towards fine leg
  - Release ball off middle finger (individual preference)
  - Shiny side of the ball faces the off side
  - Follow through naturally

### **Run up**

- Accelerate gradually.
- Keep arms in close to the body.
- All body movements to be in the direction of the target.
- Head steady and forward.
- Eyes fixed on the target.

### **Gather**

- All body movements directed at the target, including the jump (resist jumping straight up).
- Bowling hand, ball and arms kept under shoulder level until airborne in the gather.
- Arms move continuously with a forward motion.

**Momentum**

- Move in a straight line towards the target.
- Develop rhythm in the run-up.
- Arms work towards the target.
- Encourage correct running technique.

**Ball maintenance**

- Keep ball dry.
- Keep ball polished.
- Keep seam clean.
- Designate which side of the ball the team is going to keep shiny.

**Follow through**

- Follow through in direction of the target.
- Good follow through is a result of good approach to, and through, the crease.

**Field Setting**

- Learn about fielding positions and placements
- Learn to Bowl their stock ball to the field placements
- Involve captain, bowler, wicket keeper and fielders in discussions

Watch Ellyse Perry – Pace Bowling Masterclass below:

<https://www.cricket.com.au/video/ellyse-perry-pace-bowling-masterclass-revisited/2017-09-12>