



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

In terms of the spin bowler's actions, there is no one way to do it. Think of the current international spin bowlers around the world, they all have their own unique style. This uniqueness often comes with unique ball performance.

If the action is safe, legal and repeatable, other than the odd refinement, the action can be left alone to develop naturally. Coaches should embrace uniqueness and pay more attention to what the bowler can achieve in terms of ball performance. The shorter, appropriate pitch length will greatly assist spin bowlers, who will bowl with a more natural action rather than having to force the ball down to the batters end.

Ball performance

- Big emphasis on spinning the ball hard.
- Use red and white – half and half balls for practice if possible.

Grip

Off spin

- Seam horizontal.
- Grip the ball firmly with the first two fingers where possible (3 fingers ok at this age) spread as wide as possible around the seam.
- Rest the ball lightly on the thumb and third finger (if necessary).

Watch Nathan Lyon's – Off Spin Masterclass below

<http://www.cricket.com.au/video/lyon-masterclass-final/2014-08-08>

Leg spin

- The ball is placed in the area formed when the first 2 fingers point up and the second 2 fingers are pointing down.
- When the ball is placed in that area there should be a gap between the ball and the palm of the hand.
- The thumb rests lightly on the ball.
- The ball must feel comfortable in the hand.
- The ball should not be held too deep in the palm as this causes more friction on the ball.
- Try not to grip the ball too tightly, it must feel comfortable.
- Keep the grip relaxed.
- The wrist should be in a cocked position with the palm facing the ground.

Watch Shane Warne's – Leg Spin Masterclass below

<https://www.youtube.com/watch?v=X0w097wXbU>

Run up

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

Stock ball

Off spin

- A stock ball is a ball the bowler bowls most of the time and is usually a regulation off spin delivery.
- Spin the ball hard – accuracy not a major concern at this age.
- It's important that a spin bowler's stock ball arrives aggressively and puts the batsman under pressure each time it is bowled.

Leg spin

- The leg spinner's stock ball is the ball the bowler bowls most of the time and is usually a regulation leg spin delivery.
- Spin the ball hard – accuracy not a major concern at this age.

- It's important that a spin bowler's stock ball arrives aggressively and puts the batsman under pressure each time it is bowled.

Field setting

- The spin bowler must be supported by good field placements to develop confidence and maximise success.
- Bowler should learn the basic fielding positions.
- Involve spinner's, captains, keepers and players.