

# Bowling

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Underarm Bowling **43-44**

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Skill

# Underarm Bowling

Time

▶ 10 mins

Aim

To bowl underarm accurately one bounce to a partner

Equipment

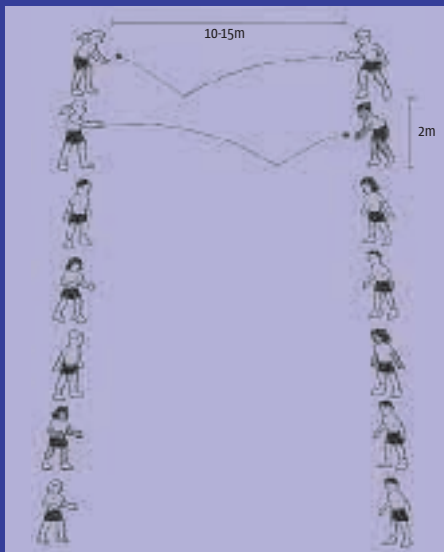
1 tennis/soft ball per pair



Link Cards

65

## Organisation



## Instructions

- 1 Pairs bowl the ball underarm one bounce to each other.

## Teaching Points

- Face your partner.
- Swing your bowling arm back.
- Take a pace forward with your opposite foot.
- Swing your bowling arm straight through and release the ball as you step forward.

**Catchphrase**

Swing your arm back - don't bend it, step forward then send it!

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## Ideas for progression

Place a hoop or chalk a circle as a target 2m in front of each person:

- (i) Aim to hit partner's target on the first bounce.
- (ii) Award 5 points for each successful attempt. First pair to 25 points win.
- (iii) Add a wicket/skittle in front of one of the pair. Maximum per bowl is now 10 points. 5 for bouncing in target + 5 for hitting the wicket. Change after 3 attempts each. First pair to 50 points win.

Skill

# Bowling Overarm from Standing

Time

20 mins

Aim

To bowl accurately overarm (with a straight bowling arm), one bounce to a partner

Equipment

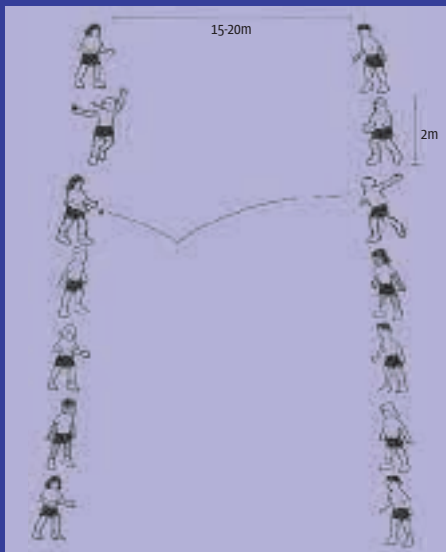
1 tennis/soft ball per pair



Link Cards

47 65

## Organisation



## Instructions

- 1 Pairs bowl overarm one bounce to each other.
- 2 Suggested grip (see picture).
- 3 It is best to encourage bowling as a sideways on activity, (in relation to the batter).

## Teaching Points

- Stand side on.
- Arms outstretched to the sides.
- Pull your front arm up high towards you and look over your shoulder at your partner.
- Rock away from your partner by lifting up your front leg.
- Rock forward keeping both arms straight and release the ball quickly one bounce to your partner.
- After release take a step forward.

Catchphrase

Rock back don't bend, rock forward and send!

45

## Ideas for progression

Place a hoop or chalk a circle as a target 2m in front of each person:

- (i) Aim to hit partner's target on the first bounce by releasing the ball just past its highest point.
- (ii) Award 5 points for each successful attempt. First pair to 25 points win.
- (iii) Add a wicket/skittle in front of one of the pair. Maximum per bowl is 10 points, 5 for bouncing in the target + 5 for hitting the wicket. Change after 3 attempts each. First pair to 50 points win.

Skill

# Bowling with a Run-Up

Time

20 mins

Aim

To link overarm bowling with a run-up

Equipment

1 tennis/soft ball per pair 4 cones/  
existing lines

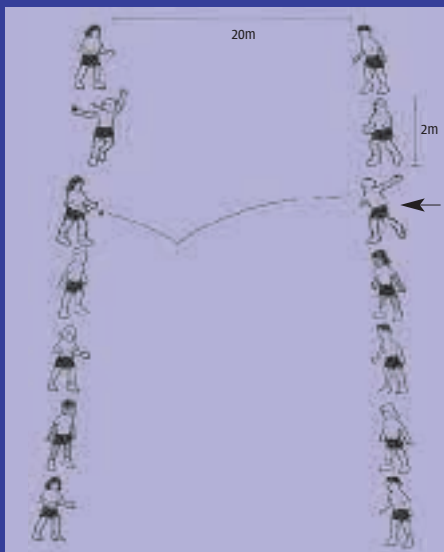


Link Cards

45

65

## Organisation



## Instructions

- 1 Pairs run up to bowl overarm one bounce to each other.
- 2 No more than 4 steps are required.
- 3 After bowling return to the line.

## Teaching Points

- Walk 4 paces forward, starting on the same foot as the side you hold the ball in.
- On the 4th step jump from that foot.
- Whilst in the air turn sideways on. (Pic 1)
- Land on your other foot and bowl. (Pic 2)
- After releasing take a few steps forward. (Pic3)
- Jog the 4 paces to bowl.
- Run the paces to bowl.

Catchphrase

It's much more fun if you bowl with a run!

47

## Ideas for progression

If space permits, allow a longer run which should be no longer than 10 paces. Ensure bowlers jump off the correct foot (the opposite one to the arm they release the ball with).

Place another line 1m behind both existing lines:

- (i) Measure a run to allow gradual increase in running speed, aim to bowl the ball when you are between the two lines that are 1m apart.
- (ii) Try to make the ball bounce first time in between your partner's lines.
- (iii) Award 5 points for each successful one bounce attempt. First pair to 25 points win.

Test for a side on bowling position by creating (or using existing) straight lines between partners. Bowlers try not to fall either side of the line throughout the run up, jump, release or step through after release.

Skill

# Spinning the Ball

Time

15 mins

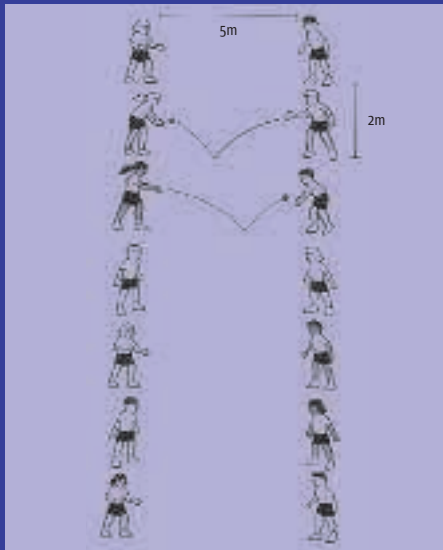
Aim

To make a ball spin on landing

Equipment

1 tennis/soft ball per pair

## Organisation



## Instructions

- 1 Pairs underarm the ball one bounce to each other.
- 2 Pairs try to make the ball spin on landing.

## Teaching Points

- Flick your wrist clockwise on release.
- Now try anti-clockwise.
- Try different ways of gripping the ball.
- Flick the wrist as hard as you can to increase the spin.



Link Cards

45

**Catchphrase**

The ball will twist if you flick your wrist!

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## Ideas for progression

Pairs experiment to discover how many different ways they can spin the ball.

Test the amount of spin.

- (i) Pairs find a straight line on the floor. Stand 4-8m apart, pairs underarm the ball to each other attempting to spin it across the line.
- (ii) Pairs repeat attempting to spin the ball across the line on the other side.

Pairs bowl to their partner trying to spin the ball.

- (i) From standing 12 – 15m apart. See page 45.
- (ii) With a short run up 16 – 20m apart. See page 47.

Have a 'bowl out' spinning the ball. See page 65.