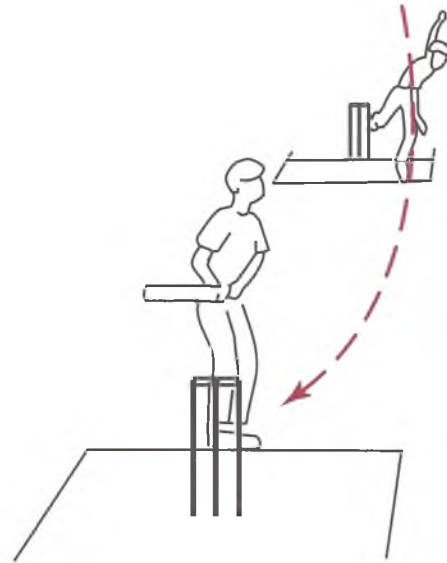


BOWLING SKILL 2 - IN SWING BOWLING

Swing bowlers use their body and fingers to bowl the ball in such a way that it swings in its flight. Right-arm in swing bowlers swing the ball from right-handed batters' OFF SIDE TOWARDS THEIR LEG SIDE. Generally the ball will swing, provided the seam remains vertical, in the direction the seam is angled, with the shiny side on the outside of the intended curve.



GRIP

The orthodox grip for the in swinger. First two fingers close together on the seam. Seam angled towards leg slip in a vertical plane. Flat of thumb underneath the ball, on the seam. The tightness of the grip on the ball and how far towards the end of the fingers the ball is held is very much a matter of personal preference. Young bowlers should be encouraged to experiment with slightly different grips during practice to establish what works best for them.

THE ACTION

The Action: whether or not a cricket ball swings is determined mainly by the angle and presentation of the seam at release. Most people find that by making the following changes in their action, they are able to present the seam in such a way that the ball swings in. Many young players exhibit these characteristics as part of their 'natural action' and may therefore be encouraged to bowl 'in swing'.

N.B. This does not mean that a 'front-on' action is necessary to bowl in swing.

BOWLING SKILL 2 - IN SWING BOWLING

The following sequence of drawings illustrate key components of the 'front-on action'. The general guidance in section 3.2 relating to the approach and bound (stage 1) apply.



Fig. 1

BACK FOOT CONTACT

Back foot may be pointing down the pitch, looking inside front arm. Head upright, eyes fixed on target.

N.B. Hips and shoulders in alignment.

Fig. 2

DELIVERY STRIDE

Aligned towards target or slightly open. Forearm of the front arm may be pulled towards the midriff to improve posture.

Hips & shoulders in alignment.

Fig. 3

RELEASE

Very high bowling arm, wrist and fingers behind the ball, presenting the seam vertically.

Fig. 4

FOLLOW THROUGH

Full rotation of the shoulders. Arms follow through and trailing leg 'folds' and drives forward.

Head upright, eyes fixed on target.

N.B. Effective use of the 'front-on action' requires a high degree of bowling shoulder mobility and this should be taken into consideration when assessing a bowler's suitability for this type of action.

RUN UP

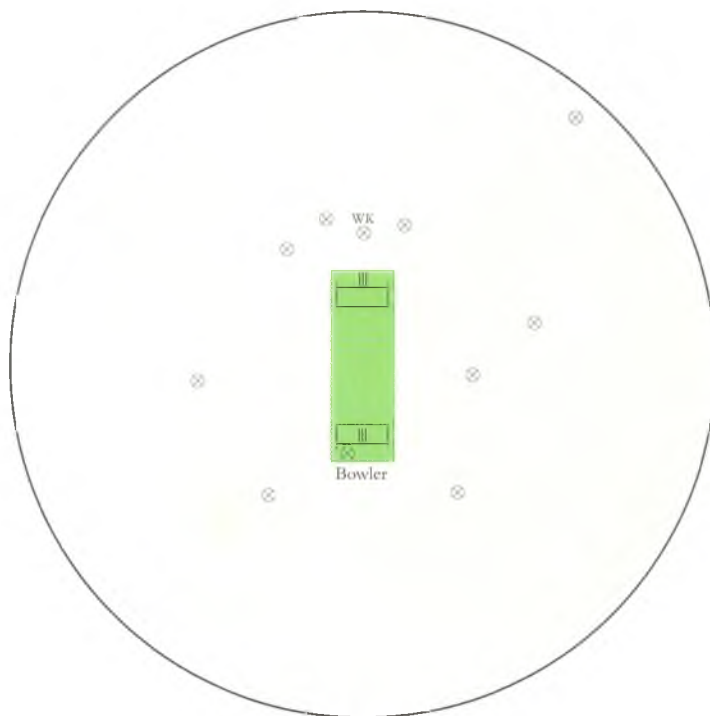
For the in swing bowler, the run up may be straight, as this helps to 'open' the delivery stride. Generally, the ball is delivered from slightly wider on the crease than the out swinger.

TACTICS

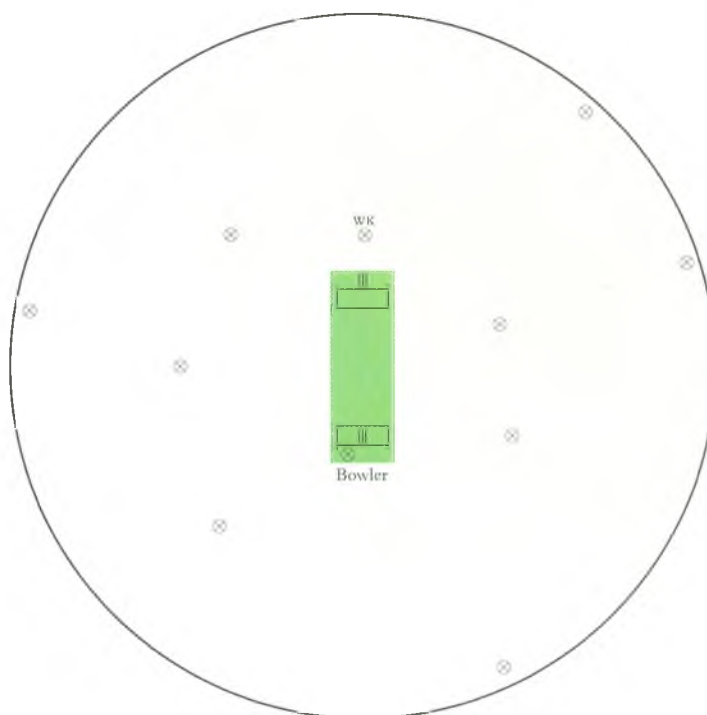
Usually swing bowlers try to pitch the ball up to the batter, allowing it time to 'swing'. Varying the position of delivery on the crease can cause problems for batters, however this is a skill that needs to be practised if it is not to interfere with the rhythm and balance of the 'stock' delivery.

IN SWING BOWLING

IN SWING BOWLER - RIGHT-HANDED BATTER ATTACKING FIELD



IN SWING BOWLER - RIGHT-HAND BATTER DEFENSIVE FIELD



N.B. The fielding positions illustrated are intended as guidelines only.
The principles of field placing on pages 1.28 and 1.29 should also be studied.