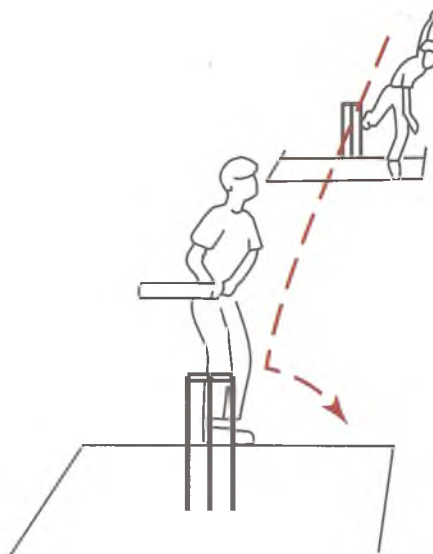


BOWLING SKILL 4 – LEG SPIN BOWLING

Spin bowlers use their body and fingers to impart spin onto the ball. This causes the ball to alter its behaviour in the air, and to move sideways and to bounce to different levels. **Leg spin** bowlers bowl the ball so that it spins from **right-handed batters' LEG SIDE TOWARDS THEIR OFF SIDE**, or from right to left from the bowler's view.

In addition to differing degrees of lateral movement, spin bowlers include variations in 'flight', pace and angle of attack to deceive batters.



GRIP

The orthodox grip for the leg spinner is a three finger grip. The top joints of the index and second fingers lie across the seam, the third finger is bent and along the seam.

RELEASE POSITION

A strong action creates power and rotations, which are imparted with a flick of the wrist and the straightening of the fingers.

This may be practised by spinning the ball from hand to hand or bowling underarm to a partner or against the wall.

Grip the ball as shown. Stand facing partner, draw bowling hand past hips, keeping the palm facing your partner. As the arm swings forward, straighten the fingers and flick the wrist so the palm finishes facing down. Spin is imparted primarily through the third finger.

When the wrist & finger actions have been learnt, bowlers may practise the 'one step' method.

THE ONE STEP METHOD

A particularly effective method of coaching bowling actions involves starting with the feet in the position of the delivery stride. The body weight is primarily over the front leg, with the hands 'gathered' at eye level out in front of the face. From this position, the front arm pushes out in the direction of the batter as the bowling hand is pushed forward and down and the bowling action is then completed with a strong shoulder to shoulder rotation. The back leg drives through past the front leg towards the target completing the **one step**.

The benefits of isolating the delivery stride are significant particularly in the way in which bowlers gain an increased level of awareness of the 'feel' of bowling over the front leg and the importance of a powerful vertical shoulder rotation in imparting spin with control.

Over time, the approach may be added, one step at a time.



N.B. As with all types of bowling, the bowling action is simply the individual's method of propelling the ball at the appropriate speed and with control, with the seam positioned or rotating as required. The points listed below refer to an orthodox action, but many other types of action have been successful.

BOWLING SKILL 4 - LEG SPIN BOWLING

The following sequence of drawings illustrate key components of a side on action. The general guidance in Section 3.2 relating to the approach and bound (stage 1) apply.

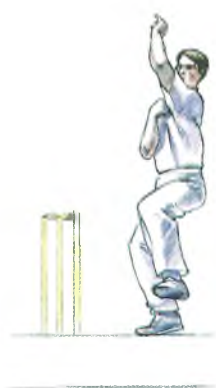


Fig. 1

BACK FOOT CONTACT

Back foot parallel to the crease, looking through or behind the front arm. **Hips and shoulders in alignment.**

Head upright and steady, **eyes fixed on target.**



Fig. 2

DELIVERY STRIDE

Slightly angled towards the target. Front arm pushes out towards target as shoulder to shoulder rotation commences.

Head as upright as possible. **Eyes fixed on target.**



Fig. 3

RELEASE

Delivery arm below the vertical. **Weight** entirely through braced front leg.

Head as upright as possible. **Eyes fixed on target.**



Fig. 4

FOLLOW THROUGH

Shoulder rotation completes. **Back leg** drives through, allowing hips to rotate over the front foot.

Head upright. **Eyes fixed on target.**

APPROACH

For spin bowlers usually much shorter than for fast bowlers and tends to be at a slight angle. This helps to accentuate the 'side on' position at delivery. Despite this lack of length (usually 6-10 paces) the approach still needs to be smooth, rhythmical and accelerating. The head should be steady throughout.

TARGET BOWLING

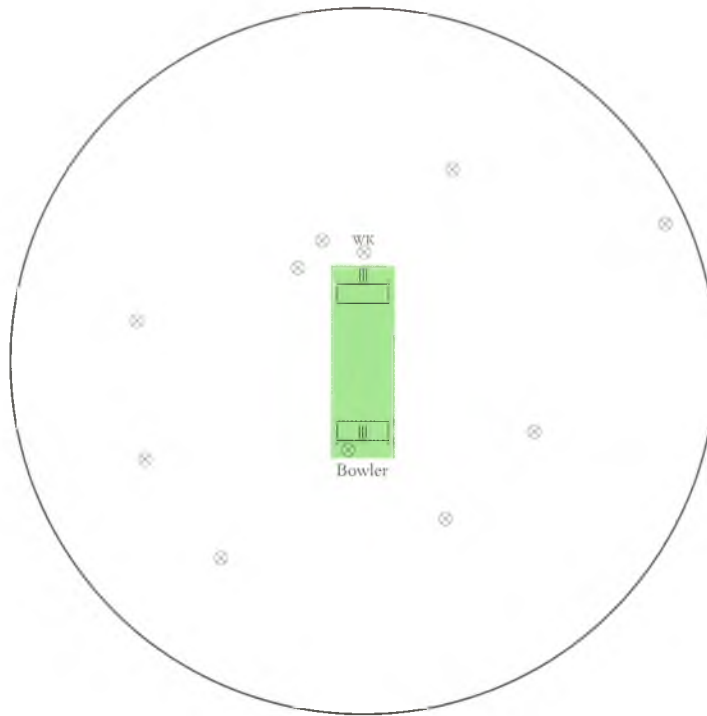
Good use can be made of line markings with bowlers attempting to turn the ball back from one side of the line to the other.

TACTICS

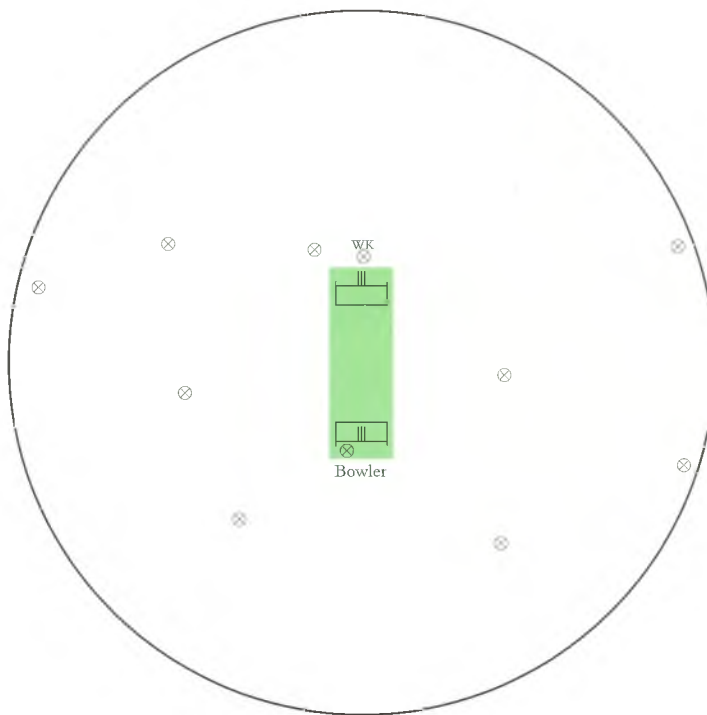
- **Spin bowlers should try to spin the ball hard - control comes with practice.**
- The leg spin bowler has potential for great variation. Generally they turn the ball more than any other type of bowler. Usually they aim to pitch the ball 'up' to the batter, on line with the stumps so that it turns to hit or pass close to the off stump.
- **As with off spin bowling, it is vital that the ball is bowled with purpose and energy and not 'lobbed' towards the batter.**
- **Variation:** By experimenting with the position of the back of the hand at release some considerable changes in the delivery of the ball may occur. The extreme example of this is the 'googly'.

LEG SPIN BOWLING

LEG SPIN BOWLER - RIGHT-HANDED BATTER ATTACKING FIELD



LEG SPIN 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.