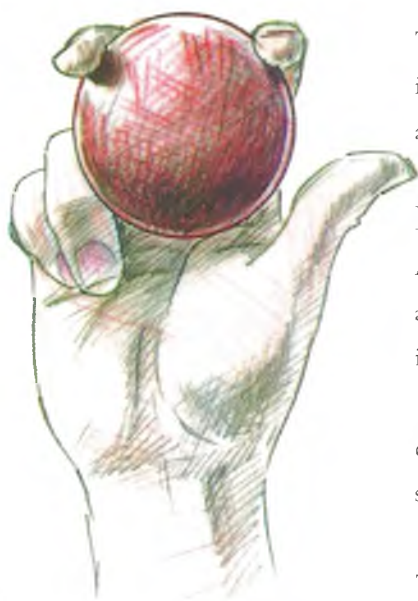
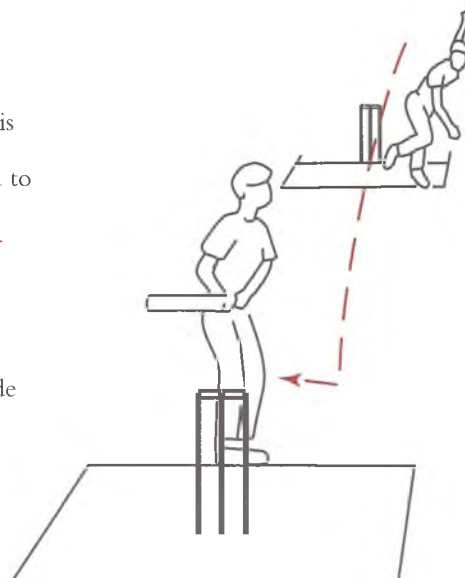


BOWLING SKILL 3 – OFF SPIN BOWLING

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. Right-arm **off spin bowlers spin the ball from right-handed batters' OFF SIDE TOWARDS THEIR LEG SIDE.**

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 off spinner is a two finger grip, with the first joints of the index and middle fingers spread widely on the seam. Ideally the thumb should not apply any pressure onto the ball. Spin is imparted primarily through the index finger.

RELEASE POSITION

A strong body action creates power and rotations, which are imparted with a flick of the wrist and 'pulling down' on the seam of the ball with the index finger.

This release position can be experimented with by 'partner throwing' across a distance of 5 - 10 metres. Following this exercise, bowlers may practise using 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 successfully tried.



BOWLING SKILL 3 - OFF 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.



This release position allows a combination of top spin and side spin which may be more effective than just side spin.



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 'sideways 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 may be made of line markings in the gym or outside, with bowlers attempting to turn the ball from one side of a line to the other.

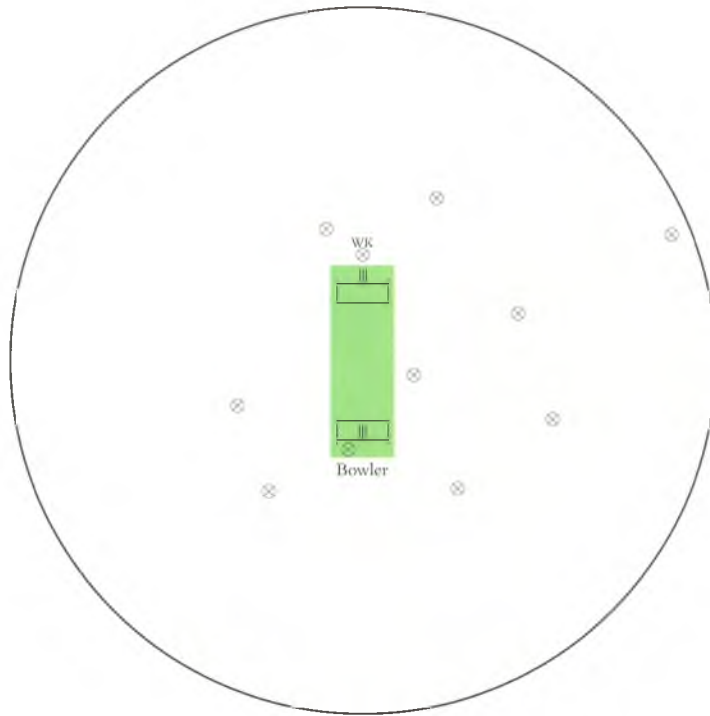
TACTICS

• Spin bowlers should try to spin the ball hard - control comes with practice.

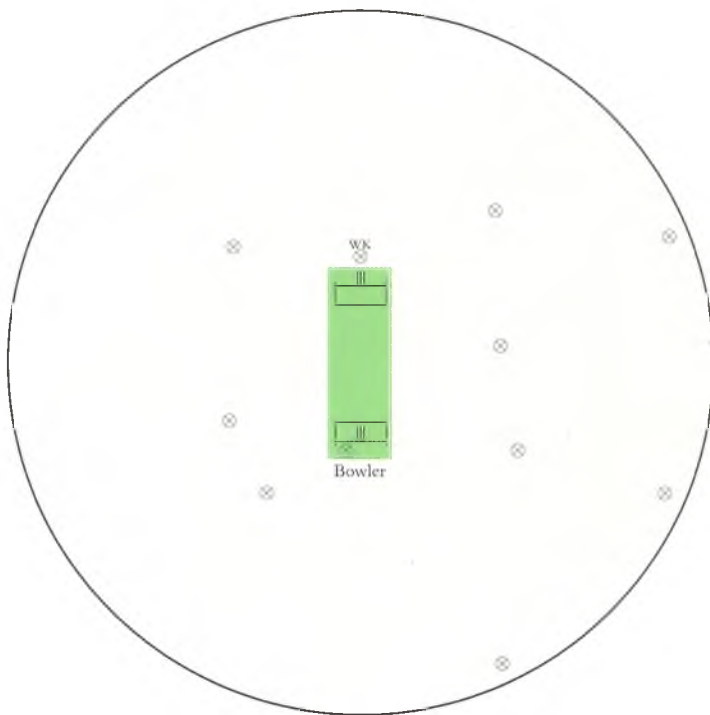
- In helpful conditions, spin bowlers can be match winners. In less helpful conditions, they can exert control by bowling accurately, with fielders appropriately positioned.
- In most circumstances, off spin bowlers bowl just outside off stump, so when the ball turns it will hit the stumps.
- Generally, spin bowlers try to draw batter forward by bowling a full length.
- To left-handed batters off spinners often bowl 'around the wicket'; if the ball is turning appreciably, the ball may pitch on middle or even middle and leg stump. If not, then the target is off stump or just outside.
- Variation in the angle of delivery is useful but generally the ball should be delivered from the inner to middle third of the crease when bowling 'over the wicket' and the middle to outside third when bowling 'around the wicket'. (This applies to orthodox left-arm spinners bowling to right-handed batters.)

OFF SPIN BOWLING

OFF SPIN BOWLER - RIGHT-HANDED BATTER ATTACKING FIELD



OFF 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.