

## PLAYERS NAME Video Analysis – Bowling



<b>Section 1 – About the Player</b>	
<b>Player description (Include age, skill and context of footage)</b>	PLAYER NAME – 17 year old, right arm leg spin bowler, bowls 16 balls to a left handed batsman.
<b>General Comments of outcome (Include areas such as control, amount of spin, pace / shoot selection &amp; execution, successful takes)</b>	<p>Of the 16 balls bowled, 7 were recorded from the side on position so the delivery could not be seen in full, 9 of the deliveries were seen in full. Of these 9 deliveries the batsmen defended 3, 2 of which were defended into the legside due to the delivery having a hint of turn but being too 'legsideish' and the other was defended into the offside but was slightly too wide to cause the batsmen any trouble. 2 were full tosses giving the batsmen plenty of time to decide on where to hit it, 1 was hit through the covers and the other through mid on. 2 deliveries were short and wide of off stump allowing the batsmen time to punch 1 off the back foot through mid off and the other was a cut through backward point. The other 2 deliveries were of better line but slightly too full allowing the batsmen to whip both balls through midwicket. PLAYER isn't a great turner of the ball, this can be seen as the ball is coming out of the hand more towards the top spinner position rather than the leg spinner position and at around 12 O'clock rather than 1-2 O'clock.</p> <p>No variations were tried within this spell of bowling.</p> <p>PLAYER varies flight and speed of delivery, not too sure whether this is deliberate as there appears to be a lack of control throughout the spell of bowling (Only 3 balls made the batsmen play defensively.).</p> <p>PLAYER has a good consistent, rhythmical angled approach to the crease, will need to talk to PLAYER, to see if he understands why his approach is angled.</p>

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<b>Section 2 – Technical Analysis</b>	
<b>Strengths (In what areas does the player match a correct technical model)</b>	<b>Areas to develop (In what areas does the player mismatch a correct technical model)</b>
<p>The grip is the orthodox two up two down with the thumb off the ball which will allow the bowler to get good revolutions on the ball.</p> <p>Has a good smooth, rhythmical and angled run up to the crease to allow him to get good momentum and energy through the crease.</p> <p>The ball is tucked in well within the jump gather.</p> <p>Has a good high front target arm at the crease to help with the momentum and explosion at the crease at point of release, this also allows him to get good height at the crease.</p>	<p>The bowler has a very low jump gather, this reduces the energy the bowler can put through the delivery action.</p> <p>PLAYER also loses the 'swan neck' position of his wrist slightly through the action; this will hinder the number of revolutions PLAYER can get on the ball.</p> <p>On back foot landing at the crease PLAYERS back foot lands on the 45 degree angle rather than the ideal parallel to the crease for a side on action, which is a must for spin bowlers to get good momentum and energy through the crease. He also looks through the front arm, so has a half way action rather than a side on action.</p> <p>During the delivery stride PLAYERS weight is behind the front foot landing causing the front leg to lock and land flat, thus the release point is lower than it could be (The bowler should be up on his front foot toes with the shoulders, hips and feet in line with the target), PLAYER already has good natural height and should utilise this, thus the momentum is lost causing the bowler not to be able to get as many revolutions on the ball and having little follow through. He also has a very small delivery stride for a leg spin bowler (The delivery stride for a leg spinner should be slightly larger than an off spinner and at this current stage PLAYERS delivery stride is more suited to an off spinner rather than a leg spinner.).</p> <p>PLAYERS release point is also quite close to 12 O'clock, should be more in the region of 1-2 O'clock to gain more revolutions.</p> <p>The current follow through is up and over, rather than having a good pivot and drive round to create more revolutions on the ball. PLAYER needs to work on the follow through by driving the front arms elbow into the hip and the back knee drive needs to be stronger and rotate the bowler around 180 degrees towards the target (Start side on towards target, finish side on towards target.), thus the pivot and back need drive is 'round', finishing ready to catch.</p>

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<b>Section 3 – Future work</b>	
<b>Technical (Link to section 2)</b>	<p>After review of the video with the player use some of the following training methods – Reverse chaining. Get the bowler to grip the ball with a standard orthodox grip and spin the ball off the 3<sup>rd</sup> finger from one hand to the other, then get them to do the same but above the head so it is more like the delivery, just so the bowler gets used to how the ball should feel when it comes out. Then get them into the back foot landing position and get them to get used to the feel of extending the front arm up and away from the body, bowling the ball into the side of a net, when this is grasped emphasise the ‘swan neck’ position of the ball as it goes around to the release point and where the release point should be (1-2 O’clock). Then work on front foot landing, up on the toes and 6-10 inches horizontally from back foot landing and finally the follow through, front arm drive in hip and back knee drive and pivot of front leg around 180 degrees. Remember only move them on when they are ready, the above process could be over 4 weeks and some points may simply fall in place and not need to be covered, may just be a simple question and answer session with the bowler. Slowly progress back to the run up.</p> <p>Then when confident with the new action do some target bowling into a stock delivery target area. It is key not to put a spinner into a net situation unless ready as they seem to be targeted in the nets and so may knock their confidence. Also, so the training does not become tedious, allow the bowler time to experiment in the sessions.</p>
<b>Tactical</b>	<p>Set down target areas for the bowler to bowl in for both left and right hander’s of stock delivery length and ask the bowler to hit the one you call, once confident and into a rhythm ask the bowler to bowl a variation (Only if they can, don’t know if PLAYER can at this stage, need to ask him if he does have a variation.) every 1 in 6 balls showing that they have complete control. Once confident move them into a net situation and see how they adapt, this is the player learning to transfer their learning into match play. Remember to ask the player questions about technique during successful deliveries. Develop their game plan by setting fields in net situations and seeing if they can bowl to them, this will also mean the batsmen give a little more respect to the spinner. Progress this further with other variations e.g. Top Spinner, Slider etc...</p>
<b>Physical</b>	<p>Would need to see a lot more of the bowler for specific plans – Interval training to generally improve the players fitness, this type of training is very game like, run in for delivery, walk back to marker, rest between over’s maybe a sprint to field the ball etc... Explosive power drills for the jump gather, release and back knee drive may help improve the consistency of the player and the revolutions on the delivery.</p>
<b>Mental</b>	<p>Questions on does the bowler know where he should be trying to bowl for particular batsmen. How clear is the bowlers mind when running in – perhaps have some distractions to make it more game realistic like a crowd playing on the radio or somebody standing in the background to improve the players concentration. Teach the bowler to think in the present rather than the past and future as it is the present which counts.</p>
<b>Other comments</b>	<p>I would need to see a lot more of this player and have a good one on one discussion with the player about other commitments outside of cricket and his thoughts before I can confirm any of these plans. I would aim to pull as much as I can from the player so they would learn more about the game and his own game to help develop them as a cricketer. I would use video analysis with the player constantly to show progression and show footage of role models with a similar action e.g. Shane Warne.</p>