

ECB Coach – Session Planner

Session title: Slow bowling – leg spin/chinaman

| Date: | Venue: | | |
|---|---|---|--|
| Time: | Conditions: Indoors | | |
| Description of Players: | Equipment: tennis ball with seam or flipper (halved) per two players; 4x sets of stumps; cones to mark targets and safety areas (if needed) | | |
| Session aim: To introduce leg spin; all players to understand basic grip, spin ball, and see deviation on pitching My Aim (personal goal): Smooth transition between activities; link skills | | | |
| | | Organisation/safety | Coaching points |
| Warm-up (5 mins) | Bowling relay two groups – each 2 sets of stumps 16m apart, one ball per group of n players; 1 wicket keeper, n-1 bowlers; bowl once, then rotate – bowler to w/k, w/k to end of bowling line – first time walk; second jog; third sprint (bowler and w/k) | care – walls and other players when sprinting; H&S – <i>roll</i> ball back to next bowler in line | check actions; reinforce straight lines and grip |
| Main Theme (15 mins) | Leg spin bowling Solo – spin ball from bowling hand to other hand, one bounce In pairs, 5 m apart, ideally along court lines – underarm, <i>spin</i> ball In pairs, 16 m apart, along court lines – bowling from base, <i>spin</i> ball Two groups – each 2 sets of stumps 19m (or 16 m) apart, one ball per group of n players; 1 wicket keeper, n-1 bowlers With run-up, bowl 1 ball each, then rotate – bowler to w/k, w/k <i>rolls</i> ball back to next bowler, and jogs to join end of bowling line 3 rotations | no mixed actions ensure sufficient space between pairs / groups (use nets?) | q – name a leg spinner q – how do spinners take wickets? demo – legspin grip; direction of spin; spin from non-bowling hand to other hand <i>encourage players to try to spin ball past partner</i> <i>seam angled NOT wobbling</i> n.b. Ellis Achong – West Indies Test player, 1930s – slow left arm “un-orthodox” |
| Game (10 mins) | Target bowling – set-up as above (consider 16m pitch for game to allow success) in two groups; 1 point for hitting stumps, 1 for spinning ball (coach to judge), 3 for both with same delivery | care when running in rotation; encourage non-bowlers to watch ball in flight, and judge seam position and swing | q – seam position? <i>emphasise grip, and SPIN; seam angled NOT wobbling</i> |
| Cool down (5 mins) | Run; skip; jog/shuffle; fast walk; slow walk – length of pitch and back (coach to lead, if needed) | | review questions |