

ECB Coach – Session Planner

Session title: Bowling “corridors” – bowling in *straight* lines (the ABCDs)

Date:		Venue:	
Time:		Conditions:	
Description of Players:		Equipment: tennis ball with seam (or flipper) per two players; 4x sets of stumps; cones/intervention poles for “corridors”; cones to mark targets and safety areas (if needed)	
<p>Session aim: To introduce ACBDs; run-up & follow-through; all players to follow-through along “corridor” My Aim (personal goal): Emphasise <i>visual</i> in demo and instruction</p>			
		Organisation/safety	Coaching points
Warm-up (5 mins)	<p>FUNdamentals relay (1) 2 cones, 10m apart; 3 intermediate cones (i) run to far cone, touch cone and back (ii) run backwards to far cone, touch cone and back (iii) run to far cone and back, weaving through intermediates</p> <p>repeat <i>with cone on head</i></p>	care – walls and other players when sprinting	running style – on balls of feet; head upright
Main Theme (15 mins)	<p>Bowling in straight lines</p> <p>two groups – each 2 sets of stumps 16m apart, one ball per group of n players; 1 wicket keeper, n-1 bowlers</p> <p>run-up smooth & rhythmic (>3m), accelerating to bowling crease</p> <p>bowl 1 ball each, then rotate – bowler to w/k, w/k to end of bowling line; 3-4x rotations</p> <p>(1) follow-through – cones 1m apart, start level with stumps and extend 3-5 m down pitch; encourage follow through to end of corridor</p> <p>(2) run-up corridor – cones 1m apart, 3-4 m behind stumps to just beyond bowling crease</p>	<p>no mixed actions – return to bowling from base with exaggerated follow-through, if needed</p> <p>ensure sufficient space between two groups (use nets?)</p>	<p>demo (visual) – run-up, bowl, follow-through</p> <p>q – run-up curved or straight? why is <i>straight</i> better?</p> <p>– Alignment, Balance, “corridor” and Direct (ABCD)</p> <p>q – follow-through?</p>
Game (10 mins)	<p>Target bowling – remove stumps. Set-up as above, but with <i>two</i> sets of stumps at wicket-keepers end. Each time the wickets are hit, take-away one stump; fewest stumps standing at end wins</p> <p>n.b. consider basic target bowling to allow success</p>		<p>q – follow-through? (“where are you running to?”)</p> <p><i>emphasise Alignment, Balance, “corridor”, and Direct</i></p>
Cool down (5 mins)	Run; skip; jog/shuffle; fast walk; slow walk – length of pitch and back (coach to lead, if needed)		review questions