

ECB Coach – Session Planner  
 Session title: Bowling from base

Date:		Venue:	
Time:		Conditions:	
Description of Players:		Equipment: tennis ball with seam (or flipper ball) per two players; 4x sets of stumps; cones to mark targets and safety areas (if needed)	
Session aim: To introduce standard bowling action (bowling from base); to have all players able to bowl from base My Aim (personal goal): Make it FUN; plan for achievement; keep to time			
		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	Watch for action; note side-on / intermediate / side-on; MIXED.
Main Theme (15 mins)	Bowling from base  two groups – each 2 sets of stumps 16m apart, one ball per group of n players; 1 wicket keeper, n-1 bowlers; bowl 3 balls each w/k rolls ball back to bowler; then rotate – bowler to w/k, w/k to end of bowling line  introduce target (cones, 1m wide x 2 m deep, 1.5m from stumps) – repeat, and questions  emphasise follow-through, and repeat	no mixed actions  shorten pitch for bowling from base	demo 2x2; technique from coaching card (p32); emphasise <i>side-          on</i> (encourage all to follow model)  q – head? (eyes level; leads follow through); non-bowling arm? (follow through)  after all have bowled q– head and eyes? (repeat demo if needed) q – follow-through?  <i>emphasise Balance,          (Alignment &amp; “corridor”          next session)</i>
Game (10 mins)	Target bowling – set-up as above, in two groups; 1 point for hitting stumps, 1 for hitting target, 3 for both with same delivery		q – head? (“where are you looking?”)  <i>emphasise Balance          (Alignment &amp; “corridor”          next session)</i>
Cool down (5 mins)	Run; skip; jog/shuffle; fast walk; slow walk – length of pitch and back (coach to lead, if needed)  Collect stumps; return balls to bag; review questions		