

ECB Coach – Session Planner
 Session title: Seam bowling – swing

Date:		Venue:	
Time:		Conditions:	
Description of Players:		Equipment: flipper ball (halved) per two players; 4x sets of stumps; cones to mark targets and safety areas (if needed)	
Session aim: To introduce grip for swing bowling; all players to understand basic grip, seam upright, and see flight of ball My Aim (personal goal): Differentiate (harder targets for extra points); remember <i>left-handers</i> .			
		Organisation/safety	Coaching points
Warm-up (5 mins)	Catching relay – Coaching cards (Coaching Assistant, p26)	care – walls and other players when running	
Main Theme (15 mins)	<p>Swing bowling</p> <p>bowling from base – pairs, 16m apart; basic grip; away swing; in swing</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>bowl 4 balls each, then rotate – bowler to w/k, w/k to end of bowling line</p> <p>3 rotations in total</p> <p>bowling with run-up – basic grip; away swing; in swing</p> <p>two groups – each 2 sets of stumps 19m apart, one ball per group of n players; 1 wicket keeper, n-1 bowlers</p> <p>bowl 1 ball each, then rotate – bowler to w/k, w/k to end of bowling line</p> <p>3 rotations <i>for each grip</i></p>	<p>no mixed actions</p> <p>ensure sufficient space between two groups (use nets?)</p>	<p>demo – basic grip</p> <p>grip for away swing</p> <p>grip for in-swing</p> <p><i>emphasise grip, release, firm wrist position – hand behind ball; seam upright or angled NOT wobbling</i></p>
Game (10 mins)	<p>Target bowling – set-up as above, in two groups; 1 point for hitting stumps, 1 for seam position (coach to judge), 3 for both with same delivery</p> <p>alt – two sets of stumps at w/k end; points for hitting target and 2nd set of stumps (swing)</p>	<p>care when running in rotation; encourage non-bowlers to watch ball in flight, and judge seam position and swing</p>	<p>q – seam position?</p> <p><i>emphasise grip, release; seam upright or angled NOT wobbling</i></p>
Cool down (5 mins)	<p>Run; skip; jog/shuffle; fast walk; slow walk – length of pitch and back (coach to lead, if needed) ; review questions</p>		