

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)	
<p>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</p>			
		Organisation/safety	Coaching points
Warm-up (5 mins)	<p>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)</p>	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)	<p>Leg spin bowling</p> <p>Solo – spin ball from bowling hand to other hand, one bounce</p> <p>In pairs, 5 m apart, ideally along court lines – underarm, <i>spin</i> ball</p> <p>In pairs, 16 m apart, along court lines – bowling from base, <i>spin</i> ball</p> <p>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</p> <p>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</p> <p>3 rotations</p>	<p>no mixed actions</p> <p>ensure sufficient space between pairs / groups (use nets?)</p>	<p>q – name a leg spinner</p> <p>q – how do spinners take wickets?</p> <p>demo – legspin grip; direction of spin; spin from non-bowling hand to other hand</p> <p><i>encourage players to try to spin ball past partner</i></p> <p><i>seam angled NOT wobbling</i></p> <p>n.b. Ellis Achong – West Indies Test player, 1930s – slow left arm “un-orthodox”</p>
Game (10 mins)	<p>Target bowling – set-up as above</p> <p>(consider 16m pitch for game to allow success)</p> <p>in two groups; 1 point for hitting stumps, 1 for spinning ball (coach to judge), 3 for both with same delivery</p>	care when running in rotation; encourage non-bowlers to watch ball in flight, and judge seam position and swing	<p>q – seam position?</p> <p><i>emphasise grip, and SPIN; seam angled NOT wobbling</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