

ECB Coach – Session Planner  
 Session title: Slow bowling – off spin / finger spin

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 off 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)	Off spin bowling  Solo – spin ball from bowling hand to other hand  In pairs, 5 m apart, ideally along court lines – underarm, <i>spin</i> ball  In pairs, 16 m apart, along court lines – <i>bowling from base, spin</i> ball  Two groups – each 2 sets of stumps 20m (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	ensure sufficient space between pairs / groups (use nets?)	q – name an off spin bowler  q – how do spinners take wickets?  demo – grip for off spin; direction of spin; spin from bowling hand to other hand  <i>encourage players to try to spin ball past partner</i>  <i>seam angled NOT wobbling</i>  <i>strong follow-through</i>  <i>shorten delivery stride</i>
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	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