





# SPIN BOWLING

## FRAMEWORK

Cross seam grip

Impart spin (revolutions) on the ball

Utilise boundary fielders as wicket taking and boundary saving options

Understand whole body action to increase revolutions on the ball

Deceive batters through the air (drift & drop) or off the pitch (break & bounce). Understand different ways to impart spin (side spin, overspin undercut)

Bring the batter forward. Bowl attacking lines

Effective fielders off own bowling (return catches & run-outs at bowlers end)

Minimise predictability through variations, angles on crease, pace changes

T20 Back their skills, even after being hit for 6

Accept singles are a win to the bowler, minimise boundaries

Threaten both edges of the bat, execute stock ball and variation consistently

ONE DAY Adapt to pitch conditions ('up and down' or 'into the pitch')

Produce match changing or match-winning spells

Play an effective role in the batting order

Understand their role dependant on day/conditions (control/attack)

MULTI-DAY Bowl extended spells (whole sessions, maintaining standards throughout)

Maximise wicket taking threat for long periods with fielders/catchers in whilst minimising boundary count

U10-U12 U13-U15 U16-U18

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|---|---|---|
| ✓ | ✓ | ✓ |
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| ✓ | ✓ | ✓ |
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# WICKET KEEPING

## FRAMEWORK

Catch the ball consistently (large catching area), head & hands in line

Establish a 'Z' shape posture

Stand up to the wicket to spin bowlers

Align to different bowlers, able to track the ball to catch consistently

Move sideways effectively (side-step, dive & tumble safely.)

Complete off-side & legside takes standing up to spinners, execute stumpings

Take wickets through catches, stumpings (vs spin & pace) and run outs

U10-U12 U13-U15 U16-U18

✓	✓	✓
✓	✓	✓
✓	✓	✓
	✓	✓
	✓	✓
	✓	✓
	✓	✓

T20 Be aware of run out opportunities, running singles to keeper

✓

Be a focal point for the fielding unit, assist captain with fielder angles and depths

✓

ONE DAY Collect good and bad throws from fielders, throw down the stumps (variety of angles)

✓

Execute diving catches in all directions (one and two handed)

✓

Play a major role in the batting order

✓

MULTI-DAY Keep wicket & maintain standards for up to 96 overs in a day

✓

Stand up to the stumps to spinners for long periods

✓

