

Bowling Over-Arm

The below shows bowling over-arm with the right arm if left handed the process is the same with the left arm at the back, the right used to align the target and the right foot at the front.

Description: the bowling action is a sequence of movements which take place just before and just after the ball is bowled

Outcome: the ball should delivered with an appropriate line and length to hit the top of off stump, aiming for the ball to bounce once prior to hitting the stumps

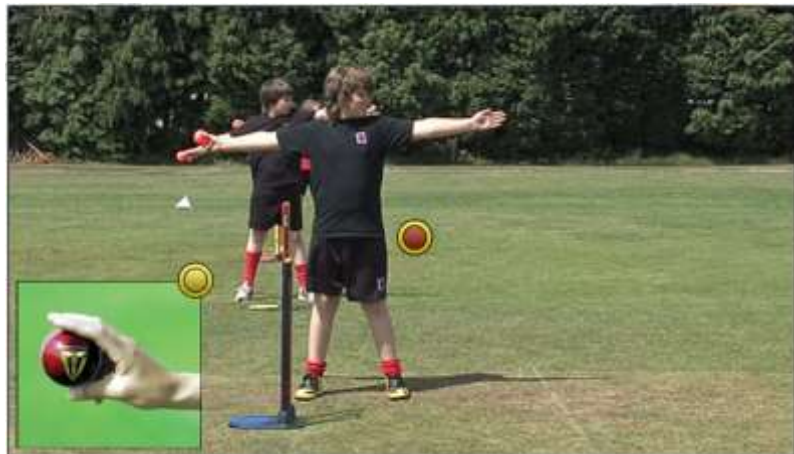
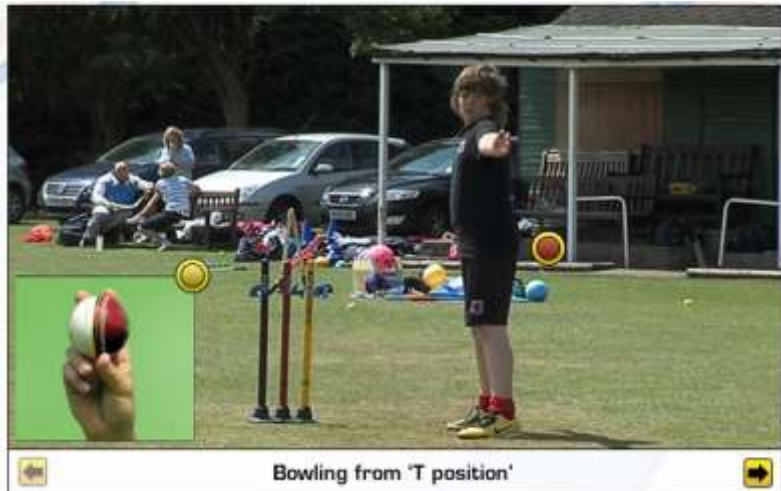
Bowling from 'T position'

- Feet, hips and shoulders aligned with target
- Ball gripped with seam in vertical position (side of thumb on seam underneath ball, index and middle fingers on either side of seam)

Ready to bowl

Point of release

Follow through



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Ready to bowl

- Feet, hips and shoulders aligned with target

Point of release

Follow through



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Bowling from 'T' position'

Ready to bowl

Point of release

- Feet, hips and shoulders aligned with target
- Synchronised and rhythmical movements

Follow through



Point of release



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Bowling from 'T' position'

Ready to bowl

Point of release

Follow through

- Bowling arm follows through towards target



Follow through

