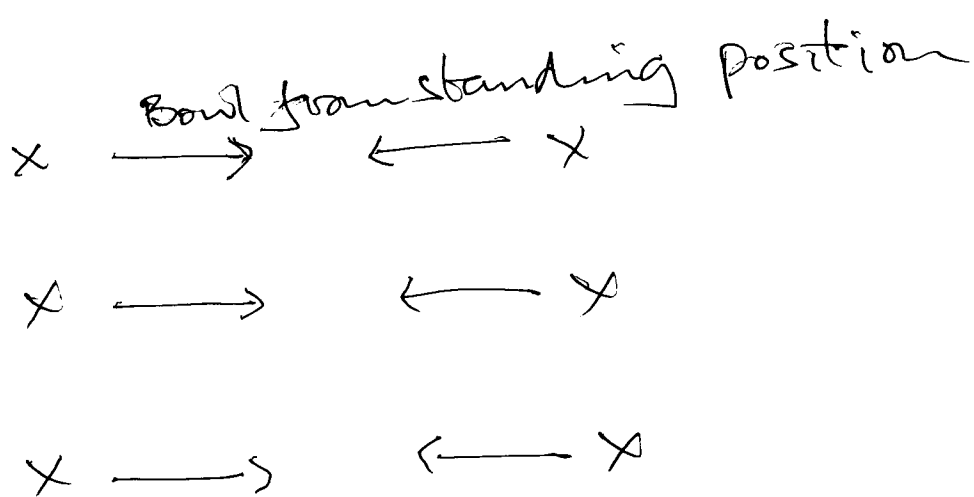


# BOWLING DRILLS

## DRILL 1

- Split group into pairs about 15 metres apart
- Pairs bowl to each other from standing position
- If the receiving player has to move his/her legs to collect the ball that pair is out of the competition.
- Last pair standing wins



## DRILL 2

- Split Group into sub groups of 4
  - Set up as shown below
  - Each player in a sub group bowls and aims to pitch the ball just in front of the target stumps so it passes through them
  - Coach uses cones to mark where each ball lands to create a visual pitch map for each bowler
  - Another sub-group member acts as keeper
  - For competition award 10 points for each ball through target stumps
- ⊗ WKT (After 3 balls moves to back of queue + bowler takes over)

Coach uses cones to mark pitch points

⊥ ⊥ ← Target Stumps  
(leg + off stumps only)

↑ ⊥ ⊥

⊗ Bowler aims to bowl ball through target stumps