



## The Bowling Action - Bowling from the 'Base Position'

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

### COACHING POINTS

#### BASIC GRIP

(Seam vertical, side of thumb on seam underneath ball. Index and middle fingers on either side of seam)

#### 'BASE POSITION'

BACK FOOT PARALLEL,  
COMFORTABLE STRIDE  
TOWARDS TARGET (HIPS  
& SHOULDERS IN LINE,  
BODY WEIGHT FORWARD,  
HANDS GATHERED IN  
FRONT OF FACE

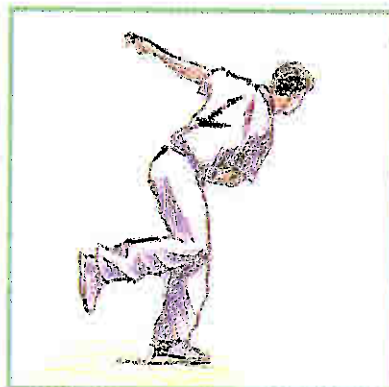
#### ACTION

FRONT ARM PUSHES OUT  
TOWARDS TARGET,  
BOWLING HAND PUSHES  
OUT & DOWN, FULL ARM  
SWING AND SHOULDER  
ROTATION, BACK LEG  
STEPS THROUGH,  
HEAD STEADY  
THROUGHOUT

side view



front view



N.B. Some children will naturally bowl with a more 'chest on' action. Amendments to the base position may be made to accommodate this.