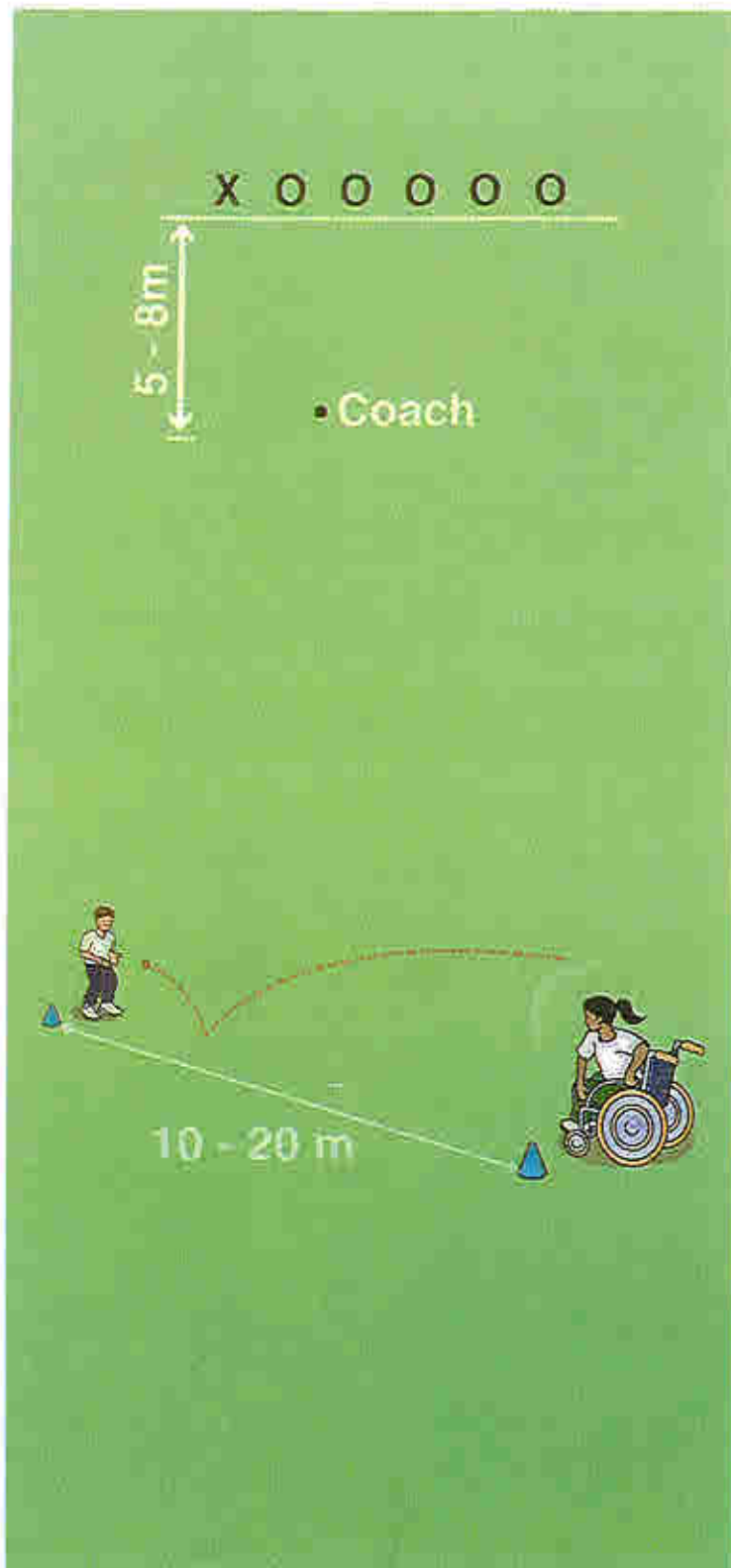


The Bowling Action ("Base")



Organisation

Bowling in pairs to identify bowling types and to assess the ability of the group

Coach demonstrates the action with a ball

Use cricket ball to demonstrate grip

"You do, they do" each coaching point

Be flexible - adapt to each individual! (side on & front on)

REMEMBER

Keep the hips and shoulders in line

Bowling in pairs (Tennis ball with chalked seam or soft ball with seam)

Distance depends on age

Target areas

Game