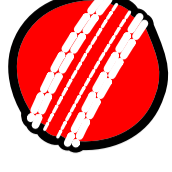


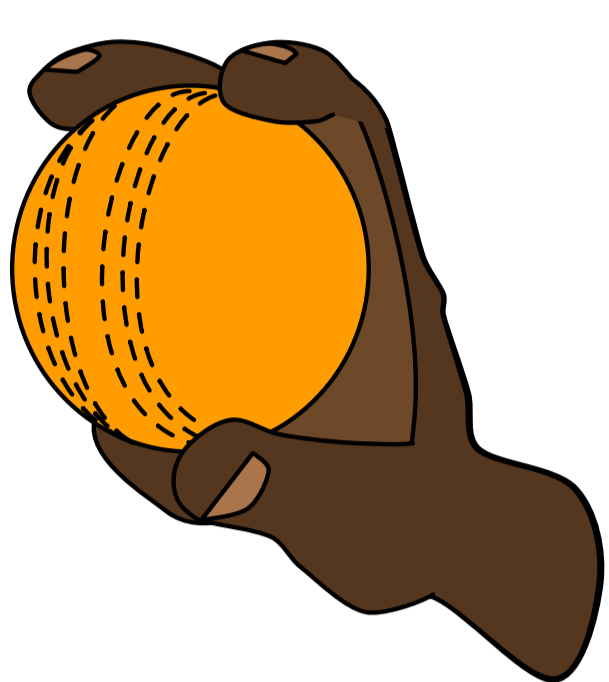


# BOWLING KEY MESSAGES

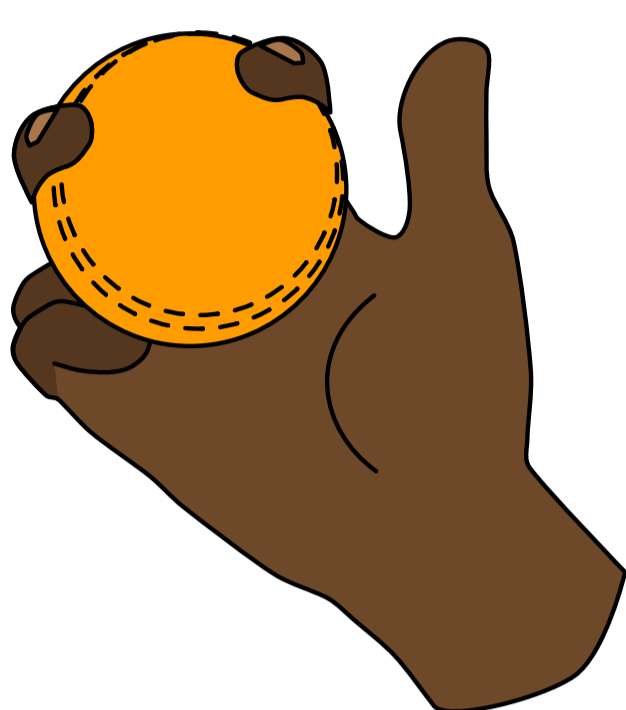
-  Balanced, comfortable, individual
-  Control line, length, pace/spin
-  Repeatable safe action

## STEP 1: GRIP

Select appropriate grip



PACE



OFF SPIN



LEG SPIN

## STEP 2: RUN UP

Gradual build up of pace ("take off")

Aligned to target

Running technique - arms and legs pumping

Length suits the individual (including pace vs spin)

## STEP 3: GATHER

Arms and legs close to the body

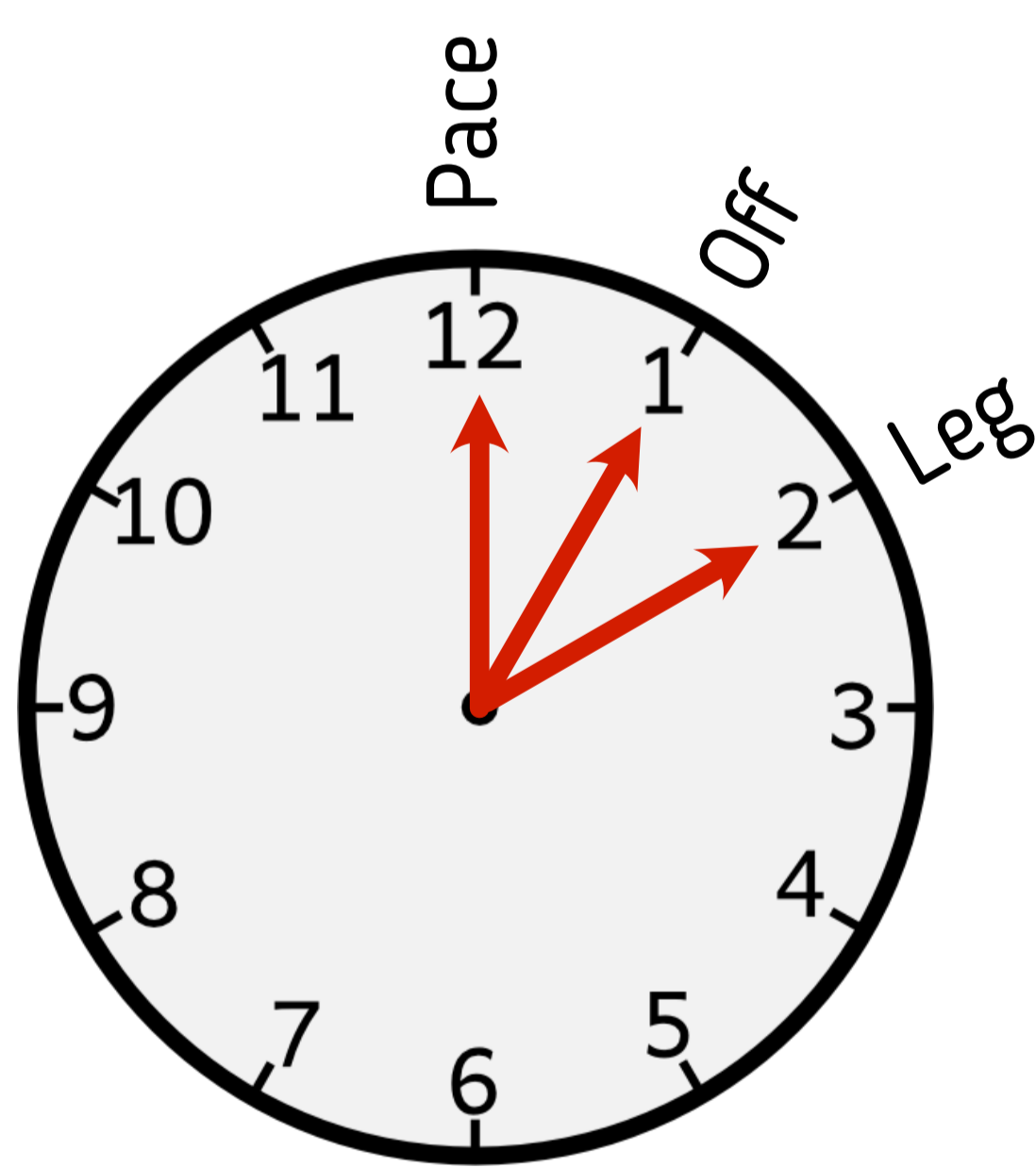
Keep moving towards the target

## STEP 4: DELIVERY STRIDE AND RELEASE

Back leg lands first, front leg lands towards target

Non-bowling arm extends to target

Bowling arm comes over the top ("past the ear")



BOWLING RELEASE POINTS



## STEP 5: FOLLOW THROUGH

Arm finishes across body

Run through the crease

Head drives down the wicket