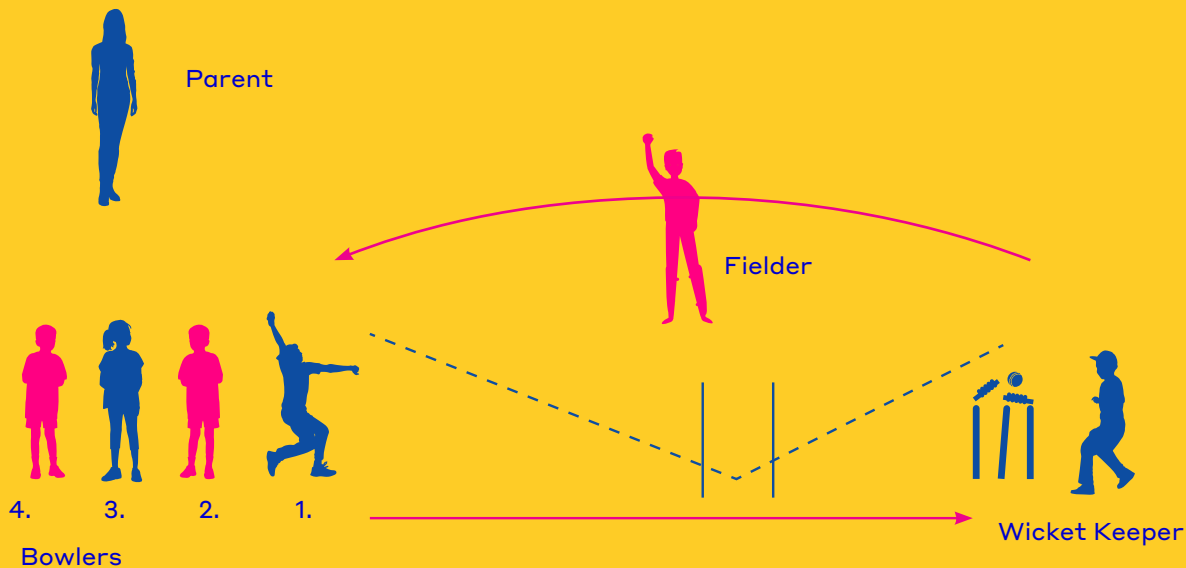


# Great Length Bowling

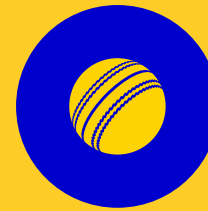
Bowl like Kate Cross & Jofra Archer

1. Just let players have a go bowling in the game
2. Introduce scoring system, and ask players to score themselves
3. Try to beat their first individual score
4. Ask the group to choose a team name and work out their team score
5. Pace race vs other groups – their team score plus time trial bonus points



## Individual Group Scoring:

- 0 point:** the ball is bowled and reaches the wicket keeper  
**2 points:** the ball bounces once outside the "good length" zone  
**3 points:** the ball bounces once inside the "good length" zone



## BOWLING

### ▶ Aim:

To continue to develop the bowling action. Learn to develop an understanding of how far up the pitch that players should aim to bowl the ball – learn about 'length' in cricket.

### ▶ Equipment:

1 set of Stumps per 6, Cones, Min. 3 balls per 6

### ▶ Organisation:

1. Set up a group of up to 3-6 players as per the diagram, across a pitch roughly 15 yards long
2. The bowler will bowl the ball, aiming to pitch / bounce the ball in the "good length" zone and rotate through the different positions as the diagram suggests: Bowler > Wicket Keeper > Fielder > Bowling Queue
3. Players will continue rotating until they have bowled at least 5 balls each in each round
4. After each round, bring the children together and ask them to discuss how they could improve their individual/team score.

### ▶ Change it - Easier/Harder

**Easier:** 1. Introduce underarm bowling 2. Bowl overarm but standing still 3. Remove stumps as a target 4. Move the target closer / allow the child to bowl from closer

**Harder:** 1. Progress to introducing a bowling run up 2. Reduce the number of stumps to make a smaller target 3. Bring an adult in to act as a batter to block the ball

### ▶ Understanding the Game

Introduce the concept of a 'no ball'. A ball can only bounce once, or reaches the batter below their waste. Teach the umpire signal that goes with it, one arm outstretched to your side.

### ▶ Get the adults involved:

Ask parents to help by signalling when a no ball occurs.