



## PRO TIP

**Chris Tremlett** – “It is imperative that I know where I’m trying to bowl, and I have practised all of my different deliveries over and over in order to put pressure on a batsman. By challenging myself during practice I find it easier to step up to the match-situation, and that includes working on my stock ball and my slower deliveries.....”

## ADVANCED

**Challenge 3** – practise variation balls! Discuss with each bowler their preferred method of bowling a slower ball, or for spinners an arm-ball or wrong-'un (googly). Ascertain what length they ideally want this delivery to land on, and set markers or chalk lines accordingly. Set targets of how many deliveries they can land in set areas per number of deliveries.



## COACHING TIP

All of these bowler-specific practices can be performed either against the batsmen in the nets, or just in an empty net with the markers and targets on the wicket. To make it more challenging and interesting if there are no batsmen, set up games between the bowlers. Either pair bowlers up into even-skilled partners, who can score points against each other in a 1 vs. 1 situation, or have a group of bowlers all scoring points so that each session you have a winner.