



## ADVANCED

**Challenge 1** - highlight two areas that the bowlers are going to work on during the session, eg length balls and yorkers. Set markers or chalk lines on the wicket to signify exactly where these target zones are (see diagram). Players score a point every time they pitch the ball in a target zone.

**Challenge 2** - highlight three areas as above; 'length', yorkers and bouncers, using markers or chalk lines. Set bowlers a pre-determined target set of six deliveries, e.g length, length, yorker, length, length, bouncer. Mark the players on their accuracy of being able to change their length according to the pre-set pattern. Set up a white-board with a chart on it so that the players have to rate each delivery and can add up success rate at the end.

	OVER 1	OVER 2	OVER 3
<b>Ball 1</b>	Length	Length	Bouncer
<b>Ball 2</b>	Length	Length	Yorker
<b>Ball 3</b>	Length	Yorker	Length
<b>Ball 4</b>	Yorker	Length	Bouncer
<b>Ball 5</b>	Length	Length	Yorker
<b>Ball 6</b>	Bouncer	Bouncer	Length

**James Tomlinson** - "I find it massively important to use targets in practice – they make me concentrate more and have definitely improved my accuracy and consistency. I generally place cones on a 'bouncer' length and a 'good' length and have even used a big bin in the past, placing it in the crease to simulate a batsman! These targets and the bin in particular help me firstly discover and then visualise where a good length really is."



**PRO TIP**

