

## Spin Bowling Session #1

**Equipment required:** Cricket, incrediball or tennis ball and some tape.

**Objective:**

Develop and understand the different types of spin you use on the ball, how you can use your wrist and finger position to use them.

**Different types of spin:**

Over spin – Gets the ball to drop in the air

Side spin – Gets the ball to break or turn off the pitch

Lateral spin – Gets the ball to drift or curve in the air

Back spin – Gets the ball to have extended carry or 'skid'

**Task:**

Which types of spin do you currently try to use, how, why and when?

Create a practice in any space you have to try and experiment with different grips, seam positions and angles to create as much spin as possible. For example, side spin could be done with a tennis ball from a seated position to focus on wrist or fingers.

**Drill:**

Place some tape on the floor and try to spin the ball from one side to the other. You can be inside or outside and use whatever space available.

See a short tutorial here from Peter Such:

<https://www.youtube.com/watch?v=2BCva3DcByw>