



(U7L4-6R1) Cricket Skills Handout



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1. Bowling a ball

Grip cricket ball firmly placing index and middle finger along seam, thumb opposed, third and little fingers curled in.

Hold front arm (non-bowling arm) high and look over this shoulder.

Rock onto back foot and then forward so that the arm travels in a wheeling action above the head.

2. Running bowl (right-handed)

Run to jump off right foot to land on left foot.

Reach left arm high in the air and twist so the body faces to the right side.

Swing the right arm forward like the spokes of a wheel and release the ball.

3. Running bowl (left-handed)

Run to jump off left foot to land on right foot.

Reach right arm high in the air and twist so the body faces to the left side.

Swing left arm forward like the spokes of a wheel and release the ball.

For more information about cricket at your school visit: www.nestle.com.au/sport/cricket.aspx

