

Answers

Fast bowling Quiz

1.

- Outswing - point seam to slips. Place fingers on the seam. Try to have your index finger come off then ball. COMFORT FOR INDIVIDUALS VERY IMPORTANT
- Inswing- Grip- shiny side on outside- tilt team to fine let- let it come off the middle finger last

2.

- The different positioning of the seam and placement of the shiny side
- The line he is looking to bowl the ball
- The modes of dismissal he is trying to work on
- The finger he wants to release the ball off last

3.

- Not always looking to get a wicket with it
- Just trying to put it in the batters head so he is looking for it- therefore taking his concentration off the away-swinger
- Look to go back to the out-swinger straight after to being the slips back into play.
- Don't want to get too straight- easy release ball to the batter and pressure goes
- Look to start it wide of off stump
- If in-swinger is more effective than the out-swinger you can then look to set straighter fields, take a slip out to a catching midwicket for example

4.

- Wobbleball
- Grip- use an outswing grip and place fingers slightly wider- not trying to cock your wrist
- Seam doesn't come down perfectly straight, and it nips off the seam
- Try to hit half ball half seam

5.

- Useful when the ball isn't swinging
- Good for looking to contain runs
- Look to bowl straight, attacking the stumps bringing bowled and LBW into play
- Still beneficial to have a slip in place incase one seams away and takes the outside edge
- Anderson mentioned it is useful in the subcontinent, so can be beneficial on wickets that don't offer a lot of pace.

6.

- Run up- what works naturally for you. Don't put too much pressure on yourself before you bowl the ball.
- Find something that works for you, and then stick to it if it isn't causing you any injuries or problems with your bowling

7.

- 3 to 4 deliveries before he could work out how the pitch was behaving
- He mentioned if it was a fast bouncy pitch he would be looking to bowl across the right handers, bringing slips into play, with the capability of the ball coming back into the right hander
- When the ball was abrasive, he mentioned that was when reverse swing would come into play.
- Then he would be looking to bowl full and attack the stumps

8.

- Rough side is lighter
- Shiny side is heavier
- The ball will swing to the heavier side
- Look to bowl it at a good pace
- The ball goes so much later opposed to conventional swing

9.

- Do keep the ball dry
- Don't get moisture on the ball
- Do keep one side shiny
- Don't look to shine both sides
- Do look to have one rough side
- Do look to bowl full and with good pace
- Don't just put the ball on an area, needs good pace to have full effect

10

- The simplicity of his game plan
- He would have a set field that he would bowl to most batters and look to have a very simple plan and stick to this
- Doesn't want to overcomplicate when there is pressure
- Challenge to make the batsman hit his best ball for 4
- Setting a simple plan and sticking to it as best you can unless the batter makes you have to change
- Full confidence in your ability to nail the Ball
- If the batter is on top of you- how can you get them off strike

11.

- Strength is extremely important for fast bowlers. Don't neglect it. A strong body will enable you to stay in stronger positions for longer, ensuring you don't fall over and you are following through towards the target.
- Wanting to be balanced at the crease-Look to get over your front leg
- Keeping your front arm strong going towards the target
- Alignment important in the run up to help everything go through in a straight line

12.

- Bowling the short ball- you must have intent when looking to bowl it
- looking to get it at the armpit (because a blind spot)
- Bowl it with good pace, but don't over bowl it
- Puts it in the batsman's mind that they can't keep expecting to get on the front foot every ball
- This can then result in the footwork not being as decisive, bringing in other modes of dismissals.

Fast Bowling Crossword

Across

3. Cook
4. Fifty
5. Reverse Swing
6. Patience
7. Alignment
8. Intent
10. One Hundred
11. Cross Seam
13. Index

Down

1. Middle
2. Back Leg
3. Crease
4. Front Arm
5. Relationship
9. Porter
12. Momentum