



Videos to watch – **90 minutes total time**

Fast Bowling Masterclass – James Anderson **20 minutes**

<https://www.skysports.com/watch/video/sports/cricket/9818048/james-anderson-masterclass-8211-part-1>

Left arm swing – Wasim Akram **25 minutes**

<https://www.skysports.com/watch/video/sports/cricket/9413696/wasim-akram-masterclass>

T20 Bowling – Dirk Nannes **10 minutes**

<https://www.skysports.com/watch/video/sports/cricket/9858045/t20-bowling-masterclass>

Mitchell Johnson Masterclass **26 minutes**

<https://www.skysports.com/watch/video/sports/cricket/11787276/mitchell-johnson-masterclass>

The Art of Reverse Swing **10 minutes**

<https://www.skysports.com/watch/video/sports/cricket/10030029/reverse-swing-masterclass>

Fast Bowling Quiz

- 1) What are the basic grip points to focus on when looking to swing the ball in and away from the batsman?

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- 2) What are the main differences Anderson talks about when wanting to swing the ball in or away from the batsman?

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3) Talking about the inswing ball specifically, what does Anderson mention? How can this cause doubt to the batsman?

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4) When looking to seam the ball what does Anderson try to do that is different to when he is swinging the ball in or away? What is this ball called?

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5) What are the benefits of looking to bowl the Wobble-ball opposed to looking to swing the ball? What mode of dismissals does this bring in?

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6) List the factors that Wasim Akram mentions when talking about the run up?

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7) As an opening bowler, how quickly did Wasim Akram state it took him to workout how the pitch was behaving? And what did he say he would do as a result of this?

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8) List the difference between reverse swing and conventional swing?

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9) What are the DOs and DON'TS when trying to get the ball to reverse swing?

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10) What was the main standout when watching Dirk Nannes talk about his death bowling plans?

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11) When mentioning the run up and alignment, what does Mitchell Johnson state is really important for fast bowlers?

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12) When bowling a bouncer, state some important factors that Johnson stated?

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