

## Cricket Victoria's Coaching Clips: Rock 'n' Bowl

- The Rock 'n' Bowl method is one way to teach basic bowling to youngsters
- This approach replicates momentum through the crease rather than coaching a static skill
- Firstly, set the bowler up side-on to the target with the non-bowling arm facing the target
- The bowler should hold the ball with both hands, just under the chin
- The bowler commences 'rocking' back and forth
- The bowler should extend both arms, with the bowling arm extending low and the non-bowling arm extending high
- When the bowler is comfortable, they should release the ball with a straight arm towards the target, whilst in the forward rocking motion
- A good way to remember this motion is it is like the bowler is doing a 'cartwheel'
- The bowler is encouraged to move both arms past their ribs on opposite side of their body to the bowling arm
- Finally, the bowler should drive their back leg towards the target
- Today we are demonstrating a fun game called '**Bottom Ball**' that incorporates the Rock 'n' Bowl method
- In pairs, bowlers take it in turns to bowl to one another using the Rock 'n' Bowl method
- The target for the bowler is their partner, who turns their back on the bowler, places their feet together and touches their toes with both hands
- This creates a target that replicates a set of stumps
- This activity sets a challenge for the bowlers and also creates competition amongst the group
- With the ball hitting a player's leg / backside, coaches should be aware of which type of balls are suitable for the group i.e. soft enough not to hurt players
- Coaches can use this activity to focus on technique and accuracy. An extension of this activity is to add the bowlers run up prior to delivery
- So get Rock 'n' Bowling and remember to enjoy your cricket!!!

