

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialisation)

IIT Kharagpur

Week 07

Lecture 40: KEY POINTS

Hello everyone. Today, we're diving into the fascinating world of pace bowling variations, specifically focusing on swing bowling. Swing is a powerful tool that a pace bowler uses to unsettle the batter by leveraging air mechanics and match conditions to aim for that crucial wicket or simply beat the bat. When a batter faces swing bowling, there are key principles to understand.

Let's begin with the **in-swing**. An in-swing delivery is when the ball, during its flight, curves inwards towards the right-handed batter. For coaches teaching the in-swing, several key points are crucial. The seam of the ball should be directed towards fine leg. Imagine holding the ball with the seam pointing towards fine leg. The release involves using the index and middle fingers from the top of your head, with a final flick of the fingertips. Importantly, the shiny side of the ball should be positioned on the off side of the right-handed batter, while the rough side faces the leg side. A strong follow-through with the bowling arm aligned with the body is also essential. The science behind in-swing lies in air mechanics. As the bowler releases the ball, the rough side creates turbulence, causing the air to move differently around the ball compared to the smoother, shiny side. This difference in airflow generates pressure, making the ball swing towards the rough side, which, in this case, is inwards towards the batter.

Now, let's discuss the **outswinger**. An out-swinger, as the name suggests, is when the ball curves away from the right-handed batter. The key points for an outswinger differ slightly. The seam should now be aimed towards the first slip. The release still involves the index and middle fingers, but the ball is released slightly away from the head. The crucial difference lies in the ball's orientation: the shiny side should now be on the leg side of the right-handed batter, and the rough side on the off side. The follow-through should be across the body. Similar to the in-swing, the out-swing utilises air mechanics. The rough side of the offside creates the necessary turbulence, causing the ball to swing away towards the shiny leg-side.

Moving on to **cutters**, we have the **off-cutter**. For an off-cutter grip, the index finger is placed close to the seam, while the middle finger is spread on the leather on the opposite side. The thumb rests underneath the ball, beside the seam. At the moment of release, the bowler imparts a rotation on the ball using their wrist and fingers, as if turning a doorknob towards backwards

square leg. At the point of delivery, the wrist and fingers come down the left side of the ball. This action causes the ball to spin and deviate away from the right-handed batter after pitching.

The **leg-cutter** grip involves placing the middle finger close to the seam and the index finger spread on the leather on the other side. The thumb rests underneath the ball, beside the seam. Upon release, the bowler turns the seam of the ball with their wrist and fingers towards the backwards point. At the point of delivery, the wrist and fingers are brought down the offside of the ball. This imparts a spin that causes the ball to deviate to the right-handed batter after pitching.

Finally, some important **tips on using variations**. While variety is crucial for a pace bowler to keep the batter guessing, it's equally important not to overuse variations. Constant changes can make the bowler predictable, negating the element of surprise. The key is to first master your stock delivery and then build your attack around it, using variations strategically to disrupt the batter and take wickets.