

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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**Lecture 41: Leg Spin**

Hello everyone. Today, we're going to learn about leg spin, which is also known as wrist spin. It gets this name because the spin on the ball starts with the fingers and finishes with a flick of the wrist. So, the fingers begin the spin, and the wrist helps to complete it. That's why we call it wrist spin.

When we talk about wrist spin or leg spin, we're talking about the same bowling style. Think of a famous leg spinner in cricket history – they are a great example of how this works. Leg spin is when the ball turns from the leg side of the batter to the off side. Imagine the ball landing on the leg side and then spinning away towards the off side because of the backwards rotation put on it. This turning action is what defines leg spin or wrist spin.

To bowl leg spin effectively, there are some key things to know, starting with how to hold the ball – the grip. You hold the ball across your index and middle fingers. There will be a gap between these two fingers. Your ring finger is the one that spins the ball, and your thumb provides support and resistance. The other fingers also help to support the ball. When you bowl, you bring the ball away from your head and release it with your wrist cocked (bent back). After you let go of the ball, the back of your hand will be facing towards the middle of the right-handed batter. As the ball spins to the left (for the batter), the seam of the ball will be pointing towards the gully area. These are the basics of the grip and how to spin the ball for leg spin.

The next important part is the loading phase. This is when you prepare to bowl. In leg spin, you bring the ball up, and your wrist should be in a certain position to help you get the most spin when you deliver it. So, the position of your wrist during loading is key.

Then comes the run-up. In leg spin, you don't run straight in; you take an angled run-up towards the leg stump. Unlike off-spin, where you take small steps, in leg spin, your steps are slightly longer. When you come into the delivery stride (just before you bowl), your front foot will move towards your leg side. Right before you release the ball, your body will turn, and your follow-through will go across your body. Your front foot's toe acts like a pivot, helping your body to rotate fully and generate more spin.

To practice the run-up, coaches often use a path. Beginners start by walking along this path, then they jog, then they jog and practice the loading action, and finally, they run, load, and release the ball. This helps players get the feel of the correct approach.

Coaching sessions often involve drills to develop the loading and release. Players might start with standing bowling, focusing on getting the grip right and the loading position correct. The coach will check their technique and give feedback. This progresses to one-step bowling, then three-step bowling, and eventually, bowling with a full run-up.

Now, let's talk about the variations in leg spin. The two main ones are **topspin** and **googly**. For topspin, the grip is the same as a regular leg spin. However, you release the ball from over the top of your head. In a normal leg spin, you're pulling the ball down more from the side. With topspin, after you release the ball, the back of your hand will face the off side of the batter. The seam of the ball will be straight up and down at the moment of release. When the ball pitches, it won't turn sideways like a normal leg break; instead, it will go straight on and might bounce a little higher. This can surprise the batter. You practice topspin using the same run-up, loading, and release drills as you would for leg spin.