




# AUCKLAND UNIVERSITY CRICKET CLUB

## Bowling and throwing accuracy

Coaching tip - It's important to be mindful when choosing the distance between the athlete and the wall. Recommended distance = 10m or more.

 Bowling & Throwing 'Line' Drill



Beginner - Throwing at a target on the wall.

Challenge - Start with a larger target. Make your target smaller every time you successfully hit.

Challenge - Increase the distance between you and the wall.

When Bowling -


Beginner - Bowl at your target on the wall

Challenge - Hit your spot 6 times in a row



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Advanced Bowling - Lay down a marker on the floor and attempt to hit your marker by bowling at it.

 Bowling at a Target



## Bowling vs Throwing -

When Bowling, the athlete's bowling arm must remain straight.



When throwing, the athlete's throwing arm may flex.

