

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Swing Bowling Success Tips

By Ian Canaway

A bowler who has the ability to bowl swing is an important asset in any cricket team as swing

bowling is a great way to baffle a batsman, add pressure and take wickets. The swing bowler has the ability to move the ball in the air either away from the batsman or in towards the batsmen. The swing is created by holding the cricket ball in a specific way so that when it is released from the hand the varying levels of air resistance combined with the position the seam is directed causes the ball to swing in the air.

The swing is accentuated by polishing and shining one side of the ball so that is smooth relative to the other side, which should get roughened up through the natural course of play. Select a side to shine at the start of the match and ensure all the bowlers and fielders know which side to polish. You can polish it by rubbing sweat into it and then rubbing it on your cricket trousers.

There are three generally recognised swing delivery types, in swing, out swing and reverse swing.

The out swing delivery is a ball which when bowled by a right handed bowler to a right handed batsman swings from the leg side towards the off side. The aim of the out swinger is to encourage the batsman into playing a drive and ideally the swing will increase the chance of getting an edge and getting the batsmen out caught behind, so make sure you've got some good catchers behind the stumps. You want to pitch the ball quite full, aiming at or just outside off stump so that the batsman is forced to play at the ball.

The grip for the out swing delivery is quite simple and provided the seam is up right at the point of release it should swing. You need to hold the ball as normal for a medium paced delivery with the seam vertical, however for the out swinger the seam needs to be vertical and pointing towards first or second slip at about a 15° angle, so that your fingers will be running slight across the seam. The shiny side should face the leg side of the batsmen, thus the rough side faces the off side and the direction of swing. The increased air resistance on the rough side and seam position will cause it to swing through the air towards the offside. The run up should be slightly angled and bowled from close to the stumps.

Swing Bowling Success Tips

The in swing delivery is basically the reverse of the away swing in that when bowled from a right handed bowler it swings in towards a right handed batsmen from the off side towards the leg side. Have a straighter run up and deliver the ball slightly wider on the crease. In contrast to the away swing bowler, the in swing bowler aims to get the batsmen out LBW or bowled by pitching it up. Aim to bowl it so that it swings from outside off stump and pitches in line with middle and off stumps, be careful though because if you start it too straight it will swing down leg side and be easy for the batsman to hit away.

Tip – If you find yourself swinging the ball uncontrollably, hold the ball across the seam so that the seam runs horizontally, this will help negate and reduce the amount of swing.

You need to make sure that your bowlers and fielders are aware of which side of the ball is polished and that is constantly shined between deliveries. Most bowlers will shine the ball themselves but it is always useful to nominate one or two fielders to shine the ball as well while the bowler is walking back to his mark.

Changing weather conditions have an often noticeable affect on the amount that the cricket ball will swing. Dry hot sunny days don't favour swing bowling, whereas overcast, cloudy conditions are found to be most influential at generating more swing. So take this into consideration when deciding who to bowl if you are captain.

Discover amazing cricket tips and tricks and learn how to play awesome cricket so that you can explode your cricket results and destroy your opposition! Visit,

<http://www.CricketSecrets.com>

right

now to pick up a free report to help you improve your cricket today!

Bowling: Still Cool After All These Years

By Dylan Miles

Bowling is a game we associate with our childhood and teenage years. Even our parents remember bowling when they were young. Many people continue to bowl throughout their lives. Bowling is for the young and the old.

In fact, bowling has been around in one form or another for thousands of years, because it is one of the most exhilarating ways to pass an afternoon or weekend. The moment when your turn comes is exciting: you cool and dry your palms for the perfect grip; you choose your ball, not too heavy, not too light; you pause, take a deep breath, and then you take one step, then two, and then you are off, you release the ball and the momentum carries it down towards the pins, until it strikes!

Swing Bowling Success Tips

Tips for improving your game

Concentration

This is the most vital aspect of a good bowling game, but also the most difficult. Bowling takes place at a bowling alley where there is always lots of activity. But you have to learn to tune out and tune into your game.

Posture

Your body position is also important to get right. Stand tall, but not stiff. Your legs should be slightly bent, your head high, but loose.

The Best Ball

It's you and your ball out there, so make sure you choose your ball well. It shouldn't be too heavy and it shouldn't be too light. It needs just the right amount of weight that you can comfortably control.

Have Fun!

The final and most important part of improving your bowling game is to have fun. A good bowler is a bowler that knows how to have fun. Taking it all too seriously will definitely spoil your game, and your ball will most certainly end up in the gutter.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co–editor of

<http://www.fastsports.info>

on which you will find a longer, more detailed version of this article.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!