

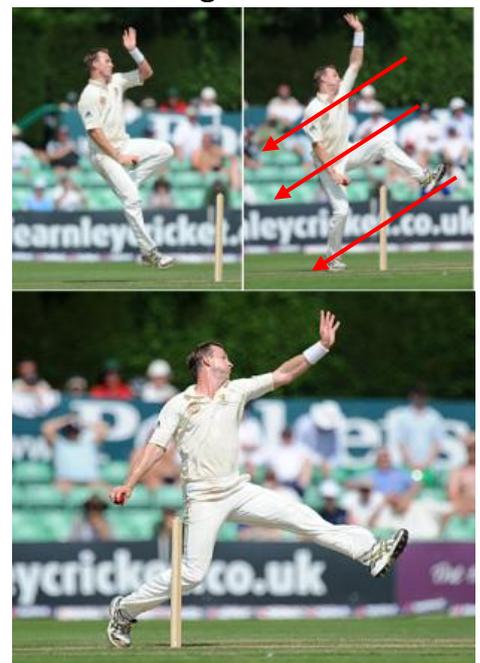
BRETT LEE BOWLING SEMINAR

BOWLING APPROACH:

- ✓ Approach to the wicket like a sprinter with a direct approach. Arms pumping straight up and down and not side to side across the body. This helps to conserve energy to maximise speed and power at the crease.
- ✓ Brett Lee would visualise a barb wire fence either side of him running straight to the crease. Want to stay within that imaginary fence line so that all momentum is heading in one direction towards the bowling crease.

DELIVERY OF THE BALL:

- ✓ To avoid injury you must have a common structure to your body at the point of delivery. There are 3 delivery styles:
 1. FRONT ON: Back foot, hips and shoulders all pointing straight down the wicket.
 2. SIDE ON: Back foot, hips and shoulders pointing directly to the umpire or square of the wicket.
 3. 45° ACTION: Back foot, hips and shoulders on a 45° angle at the crease. Half way between front on and side on. This is the method Brett Lee uses.
- ✓ Most important thing is alignment through the body structure. Injury occurs where the body is twisted and not aligned at point of delivery with a 'mixed action' i.e. Back foot and hips front on, with shoulder side on. This will cause unnatural rotation and stress through the back.



Brett Lee Bowling Action – Alignment through the body: Back foot, Hips & Shoulders.

- ✓ **Front arm is the most important element in the fast bowling action.**
Extend the front arm as high as possible. At point of delivery, pull the front arm down as hard and quickly as possible. Visualise grabbing a lever and then pull it down as hard as possible. Snap it down close to your body. Your bowling arm will follow over in a natural flow. Your speed and power is generated from your front arm. If you try to generate power from your bowling arm, excessive pressure and strain will be placed on the shoulder and bowling arm.
- ✓ Front leg is also important. Raise it up and snap it down to also help generate momentum and speed through the crease. Front leg will either be straight or slightly bent at delivery point. Try not to bend front leg too far and collapse at the crease. You want to be as tall as possible.
- ✓ Hold the ball with the seam up. The ball should be held in the front part of the hand with index and middle finger either side of the seam on top and thumb on the seam underneath the ball. Try and release the ball with the seam up to assist with swing and natural movement off the seam when it pitches. *Note: Different wrist positions and grips can be used for variations.*

FOLLOW THROUGH:

- ✓ The front arm should pull down the side of the body and then extend back pointing over the sight screen directly behind you.
- ✓ Continue in a straight direction after releasing the ball in a direction towards 1st slip. You want you momentum and follow through, continuing towards the batsmen.
- ✓ Your follow through should almost be half the length of your run up to the crease.



OTHER TIPS & POINTS:

- ✓ Brett Lee will visualise the ball he wants to bowl rather than trying to watch a particular spot on the pitch. Pause at the top of the mark, visualise what delivery you want to bowl and then begin your approach.

- ✓ Use the natural bowling action of a player. Don't try and change too much.

- ✓ Core strength is critical for a fast bowler.

- ✓ Sprint training is also good for a fast bowler. Sets of 30m sprints help to emulate bowling in a game.

- ✓ No better match preparation and fitness work than bowling practice. Know your limitations and don't over bowl. You don't bowl 2hrs straight in a game so don't do it at practice either.