



Physical Education Studies

Support materials for practical examinations

Cricket

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Introduction

The purpose of these materials is to support teachers and candidates in preparation for the Physical Education Studies practical examination.

Skills set for cricket

These materials outline the examinable skills set for cricket. Five (5) of the skills, selected by the examination panel, will be examined and these will be communicated to the candidates at the commencement of the examination.

Observation points

Observation points are provided for each skill in the skills set. They are provided for the purpose of teaching and coaching and are designed to assist examination candidates in their personal skill development.

Examination drills

The examination will contain a number of drills through which the selected skills will be assessed. These materials outline a number of drills indicative of the types of drills in which the candidates will participate during the examination and may form part of a teaching program.

Tactical framework

In the game performance section of the examination, candidates will participate in a modified competitive situation, which will be based on some of the tactical problems in cricket. The tactical problems for the examination are outlined in the tactical framework and will be selected by the examination panel. The skills that provide the basis for the solutions to these tactical problems are also included in the framework.

In the game performance section of the cricket examination, students will be assessed on the execution of skills, scoring / preventing scoring, positioning and decision making that effectively solve the tactical problems presented by the modified competitive situation.

Specialist skills

Contained within this document are a number of skills that have been identified as having a degree of specialisation. They are skills that some students may choose to focus on. These skills are included within this document as they may form part of a teaching program; however, they will **NOT** be included in the Physical Education Studies practical examination.

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1. FRONT-FOOT STROKE PRODUCTION		
Preparation	Execution	Completion
<ul style="list-style-type: none"> Stance is balanced Head position is still and directed towards anticipated point of release of the ball Back-lift is initiated towards 1st–3rd slip position by coordinated movement of the wrists Synchronised with... Efficient preparatory movement of the feet ('un-weighting' of the front foot) initiates forward stride of front foot towards the anticipated line of flight of the ball 	<ul style="list-style-type: none"> Movement of shoulders, elbows and wrists is coordinated to rotate the bat into a slightly open-faced back lift position Synchronised with... Front-foot stride towards the line of flight of the ball Front shoulder is aligned downwards and towards the ball at the completion of the back lift Stable hitting 'base' is established and maintained through forward swing and impact Head position is directly above and on top of the ball at the point of impact Eyes track the ball until it has made contact with the bat 	<ul style="list-style-type: none"> Ball travels in the intended direction of the shot Balanced completion of the stroke

2. OUTFIELDING: GROUND FIELDING AND OVERARM THROW		
Preparation	Execution	Completion
<ul style="list-style-type: none"> Preparatory footwork includes the utilisation of a 'split-step' ready position prior to impact to facilitate movement in a wide range of directions The ball is approached at the optimum angle and speed to facilitate early interception of the ball and maintain momentum towards the target A balanced, low and semi-open fielding position is adopted in line with the path of the ball Open, cupped hands are presented to the ball with fingers extended towards the ground 	<ul style="list-style-type: none"> The ball is gathered cleanly with a 'giving' motion of the hands, elbows and arms Smooth and efficient transition from gather to ready position for throw A 'longer' arc of rotation is utilised for preparatory movement of the throwing arm Synchronised with... Efficient 'crow-hop' footwork pattern is utilised to drive forward towards the target and shift weight on to rear leg/foot Forward stride of an optimum length is used to facilitate forward transfer of weight onto a braced lead leg and efficient rotation of hips towards the target Feet alignment is along the target line and allows for efficient rotation of the hips towards the target A 90° angle is established between the upper arm of the throwing arm and the trunk at release Wrist position is behind the ball at release A low body position is maintained during gather and release 	<ul style="list-style-type: none"> Flight path of the ball is flat and down towards the target; bounce-throw may be used Follow through allows for controlled deceleration of the body Balanced completion of the throw

3. INFIELDING: GROUND FIELDING AND OVERARM THROW		
Preparation	Execution	Completion
<ul style="list-style-type: none"> Preparatory footwork includes the utilisation of a 'split-step' ready position prior to impact to facilitate movement in a wide range of directions A balanced, low and semi-open fielding position is adopted in line with the path of the ball Hands are presented to the ball with fingers pointing towards the ground 	<ul style="list-style-type: none"> The ball is gathered cleanly with a 'giving' motion of hands, elbows and arms Smooth and efficient transition from gather to ready position for throw A 'small' arc of rotation is utilised for preparatory movement of the throwing arm Body pivots from the throwing-arm foot to rotate front hip and shoulder towards the target line Forward stride of an optimum length to facilitate forward transfer of weight onto a braced lead leg and efficient rotation of hips towards the target Feet alignment is along target line and allows for efficient rotation of hips towards the target A 90° angle is established between the upper arm of the throwing arm and the trunk at release Wrist position is behind the ball at release A low body position is maintained during gather and release 	<ul style="list-style-type: none"> Flight path of the ball is towards the base of the target; bounce-throw may be used Follow through allows for controlled deceleration of the body Balanced completion of the throw

4. INFIELDING: GROUND FIELDING AND UNDER ARM THROW		
Preparation	Execution	Completion
<ul style="list-style-type: none"> Preparatory footwork includes the utilisation of a 'split-step' ready position prior to impact to facilitate movement in a wide range of directions The ball is approached at the optimum angle and speed to facilitate early interception of the ball and maintain momentum towards the target Hands are presented to the ball with fingers pointing towards the ground 	<ul style="list-style-type: none"> The ball is gathered cleanly Smooth and efficient transition from gather to underarm throw A 'small' arc of rotation is utilised for preparatory movement of throwing arm Forward stride of an optimum length to facilitate forward transfer of weight towards the target Alignment of feet is along target line Wrist position is behind the ball at release A low body position is maintained during gather and release 	<ul style="list-style-type: none"> Flight path of the ball is towards the base of the target; bounce-throw may be used Follow through allows for controlled deceleration of the body – dive may be utilised Balanced completion of the throw

5. RUNNING BETWEEN WICKETS		
Preparation	Execution	Completion
<ul style="list-style-type: none"> • Momentum is gained prior to back-foot impact (BFI) of the bowler by initiating preliminary strides towards batter's end • A position is reached beyond the crease prior to back-foot impact (BFI) of the bowler; bat or some part of the trail foot remains grounded behind the crease • The grounded bat is released from behind the crease at or after the moment of BFI of the bowler 	<ul style="list-style-type: none"> • Forward lean of the body and efficient running action are utilised to accelerate towards the other end of the pitch • The bat is held in a controlled manner while running • The bat is held in the appropriate hand for the turn • Body turns toward the ball when changing direction • Hips, knees and trunk are flexed to get low into and out of turn • Drives out of the turn and accelerates towards the bowler's end with efficient running action • The arm is extended with bat sliding towards the crease • A straight line is maintained while running between creases to ensure that the minimum distance is covered 	<ul style="list-style-type: none"> • Bat is held with extended arm and slid into crease

6. BOWLING: PACE (SWING AND SEAM) AND SPIN		
Preparation	Execution	Completion
<ul style="list-style-type: none"> • The run towards the crease accelerates with a smooth and coordinated approach • For pace bowling: acceleration is achieved with an efficient running action • Angle of approach facilitates efficient alignment of hips, shoulders and feet during the execution phase • The gather prior to back-foot impact (BFI) is initiated by the controlled 'load-up' of the bowling arm towards target • A 'coiled' position is achieved during the gather of the ball through coordinated movement of trunk, shoulders and arms • For pace bowling: wrist is positioned behind the ball • For spin bowling: wrist and hand position is set for maximum spin 	<ul style="list-style-type: none"> • Forward momentum is maintained towards target through execution phase • At BFI, hips and shoulders are aligned at right angles to the alignment of the back foot • Feet placement during execution phase aligned along the target line • Hip and shoulder alignment achieved at BFI maintained through to front-foot impact (FFI) • Front arm utilised as an effective lever to initiate and control shoulder rotation • Coordinated rotation of hips, trunk, shoulders and arms along the target line • For pace bowling: wrist position is behind the ball at release • For spin bowling: wrist and finger action effectively imparts spin on the ball 	<ul style="list-style-type: none"> • Follow through allows for controlled deceleration of the body • Balanced completion of the delivery

7. BACK-FOOT OFFENSIVE STROKE PRDUCTION		
Preparation	Execution	Completion
<ul style="list-style-type: none"> Balanced stance Head position is still and directed towards anticipated point of release of the ball Back-lift is initiated towards 1st–3rd slip position by coordinated movement of wrists Synchronised with... Efficient preparatory movement of feet initiates back (and across) step towards the anticipated line of flight of the ball 	<ul style="list-style-type: none"> Coordinated movement of shoulders, elbows and wrists to rotate the bat into a slightly open-faced back lift position Synchronised with... Back foot steps back and across towards the line of flight of the ball Stable hitting 'base' is established and maintained through forward swing and impact Head position is in line with the line of flight of the ball at the point of impact For cut and pull shots, full extension of the arms is achieved immediately after impact For vertical bat forcing strokes, head position is directly above the ball at the point of impact Ball is tracked until it has made contact with the bat 	<ul style="list-style-type: none"> Ball travels in the intended direction of the shot Balanced completion of the stroke

8. OUTFIELD CATCH		
Preparation	Execution	Completion
<ul style="list-style-type: none"> Head position is directed towards the anticipated 'release' point (impact) of the ball Preparatory footwork includes the utilisation of a 'split-step' ready position prior to impact to facilitate movement in a wide range of directions The ball is approached at the optimum angle and speed to facilitate early and effective positioning on the flight path of the ball 	<ul style="list-style-type: none"> Hands are positioned towards the ball to facilitate a 'lengthened' catch phase Open, cupped hands are presented in line with the flight path of the ball Hands 'give' along the flight path of the ball, prior, at and after contact Fingers close to secure the ball in the hands The ball is tracked into hands 	<ul style="list-style-type: none"> Catch is successfully completed

9. CATCHING: SLIPS, GULLY, WICKETKEEPER.

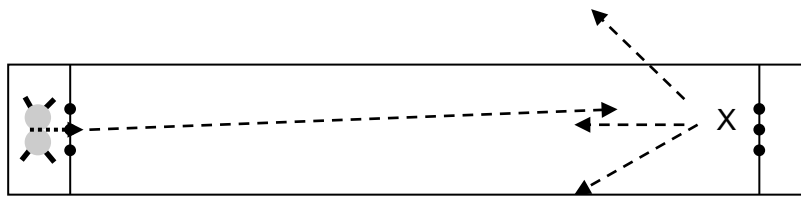
Preparation	Execution	Completion
<ul style="list-style-type: none"> • Balanced and low stance • For catching in the slips and gully: trunk, hips, knees flexed and hands in front of and at knee height • For wicket-keeping: full or semi-crouch position employed • Head position is still and directed towards the anticipated point of release of the ball. For 2nd, 3rd slips or gully: this is the anticipated point of deflection 	<ul style="list-style-type: none"> • Hands/gloves are positioned forward and towards the ball to facilitate a 'lengthened' catch phase • Appropriate hand position for the height of the catch is adopted • Open, cupped hands are presented in line with the flight path of ball • Hands/gloves 'give' along the flight path of the ball, prior, at and after contact • Fingers/gloves close to secure the ball in the hands or gloves • For wicket-keeping: efficient footwork facilitates that eyes and gloves are in a direct line with the ball at contact • For catching in the slips and gully: when catching to the side of the body, foot closest to the ball is rotated outwards towards the ball to facilitate flexion, and rotation of hips and trunk • The ball is tracked into the hands 	<ul style="list-style-type: none"> • Catch is successfully completed

Drill number		Page number
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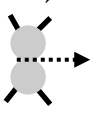
In the description of these drills it is assumed the batsman is right-handed.

The examination will contain a number of drills through which the selected skills will be assessed. These materials outline a number of drills indicative of the types of drills in which the candidates will participate during the examination and may form part of a teaching program

Drill 1: Front-foot stroke production



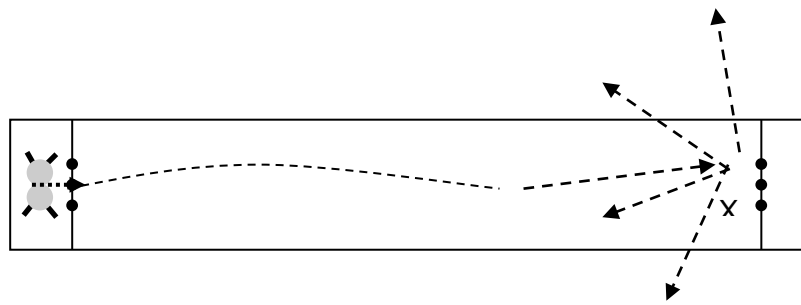
Key

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|-------|-----------------|---|-------------------|
| X | = player | → | = player movement |
| O | = feeder |  | = bowling machine |
| △ | = marker | | |
| ----- | = ball movement | | |

Drill description

1. The bowling machine is set at an appropriate speed to deliver a straight, full length ball on the line of off stump, landing 3m to 4m from stumps.
2. The batsman is to execute a front-foot stroke from the delivery.

Drill 2: Back-foot offensive strokes



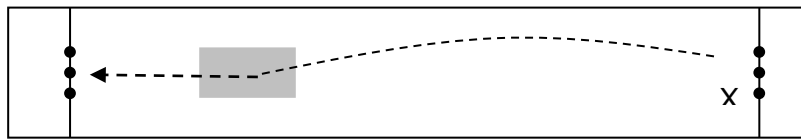
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Drill description

1. The bowling machine is set at an appropriate speed to bowl a straight short-pitched ball on the line of off stump, or, just outside off stump, landing 8m to 10m from stumps.
2. The batsman is to execute a back-foot offensive stroke from the delivery.

Drill 3: Bowling – pace (seam or swing); or spin



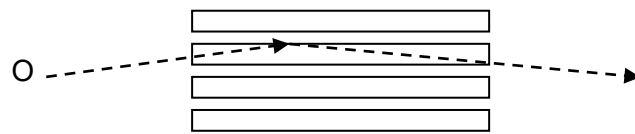
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X	= player	→	= player movement
O	= feeder		= bowling machine
△	= marker		
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Drill description

1. The bowler selects to bowl either pace (swing or seam) or spin.
2. The bowler measures run up.
3. Each bowler delivers the ball while aiming to swing, seam or spin the ball, land the ball in the target zone, and directed at the off stump.
4. The target zone is 2m long and 80cm wide in line with the middle stump (extending 40cm either side of the middle stump), starting 3m from the stump.

Drill 4: Catching: slips/gully or wicket-keeping



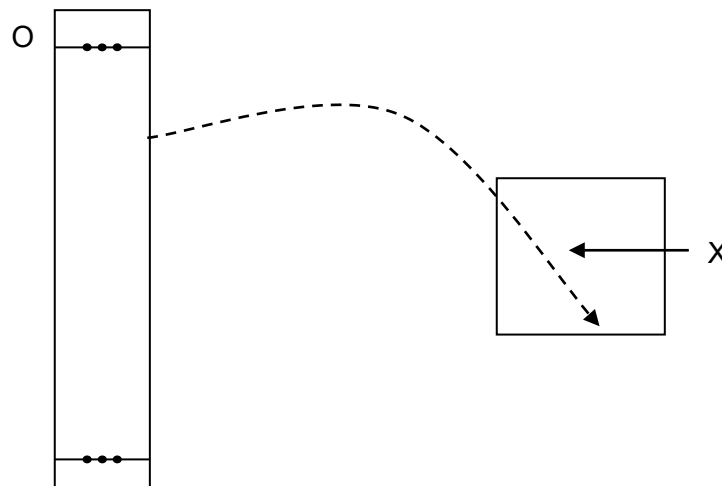
Key

X	= player	→	= player movement
O	= feeder	●	= bowling machine
△	= marker	→	
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Drill description

1. Ball is thrown over arm onto slips catching fielding aid as player demonstrates slips/gully or wicket-keeping catching technique.

Drill 5: Outfield catch



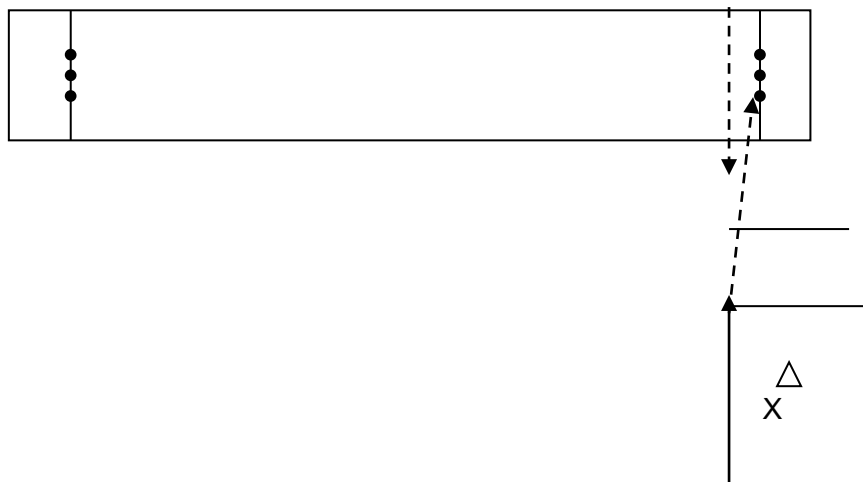
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| X | = player | → | = player movement |
| O | = feeder |  | = bowling machine |
| △ | = marker | | |
| ----- | = ball movement | | |

Drill description

1. Feeder strikes a high ball to land in 20m square, which is 50m from the batting crease.
2. The fielder starts 10m from the side of the square and must move and catch the ball after it has been struck.
3. The ball is to be caught inside the 20m square.

Drill 6: Infielding: ground fielding and underarm throw



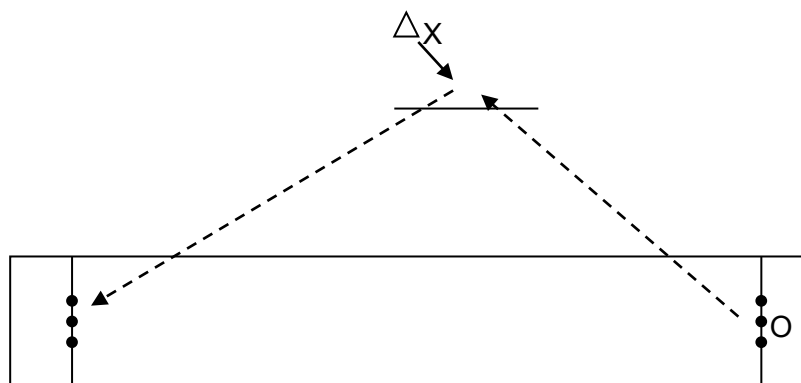
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X	= player	→	= player movement
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△	= marker		
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
Drill description

1. Set up stumps and mark oval with lines 5m and 10m to side of stumps and a marker 15m from stumps at point.
2. The fielder starts on 15m marker at point.
3. The ball is rolled slowly (at such speed that it will stop between the 5m and 10m lines) toward the fielder.
4. The fielder gathers the ball and underarms it, attempting to hit the stumps.

Drill 7: Infielding: ground fielding and overarm throw



Key

X	= player	→	= player movement
O	= feeder		= bowling machine
△	= marker		
----	= ball movement		

Drill description

1. Stumps set up with a marker 30m from stumps at a position mid-pitch (cover or midwicket fielding positions).
2. Line marked 20m from stumps at striker's end.
3. Participant nominates which arm they intend to throw with.
4. Ball is struck firmly along the ground towards fielder by the feeder from the striker's end.
5. Fielder X fields the ball and throws overarm at stumps at the non-striker's end.

Drill 8: Outfielding: ground fielding and throw



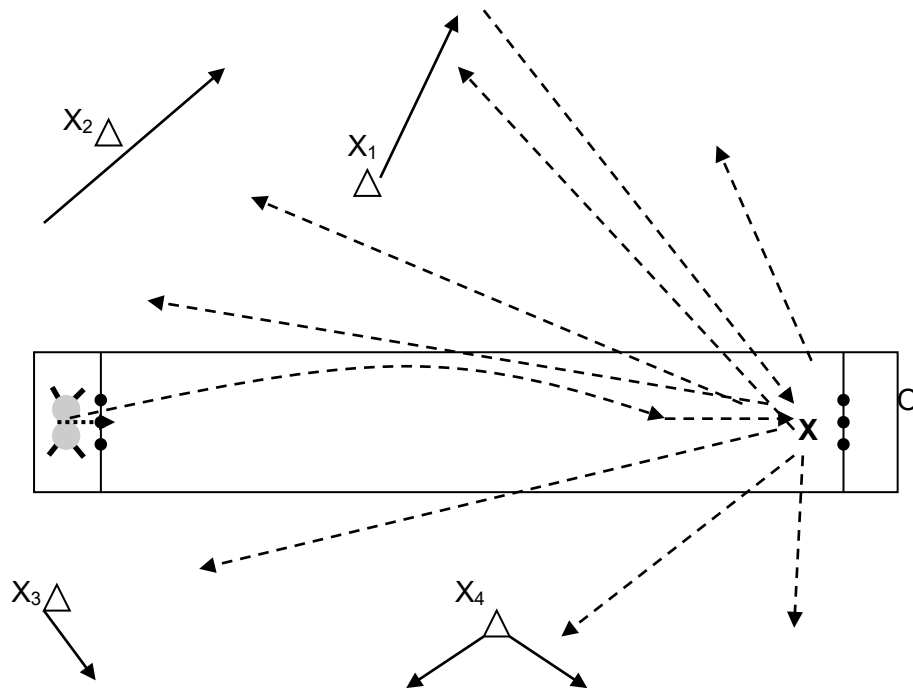
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O	= feeder		= bowling machine
△	= marker		
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Drill description

1. Stumps set up with a marker 60m from stumps at point fielding position.
2. Line marked 40m from stumps.
3. Ball is struck along the ground from the batting crease towards the fielder.
4. The fielder gathers the ball and throws to O₂ standing over stumps. Throw must be completed behind the 40m line. Bounce throw may be utilised by fielder.

Drill 9: Front-foot stroke production and running between wickets



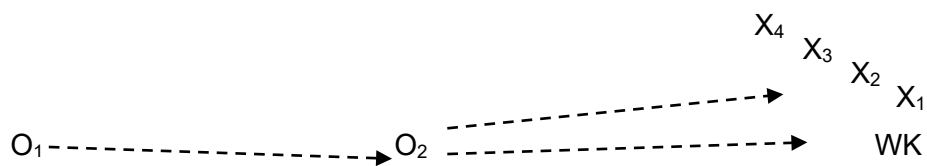
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| △ | = marker | | |
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Drill description

1. Batsman X, wearing full batting equipment, i.e. batting pads, gloves, thigh pad, helmet, stands at crease.
2. A full-length delivery on the line of off stump is delivered from the bowling machine.
3. The batsman attempts to strike the ball along the ground and through the infield between fielders X₁, X₂, X₃, and X₄. The ball is to be directed through the infield region that is in line with, and/or forward of the batting crease.
4. Fielders X₁, X₂, X₃, or X₄ field and return the ball with an overarm throw to O over the stumps.
5. When ball is struck the batsman must endeavour to run two runs without getting run out.
6. Batsman must always complete at least one run.

Drill 10: Catching: slips/gully catching and wicket-keeping



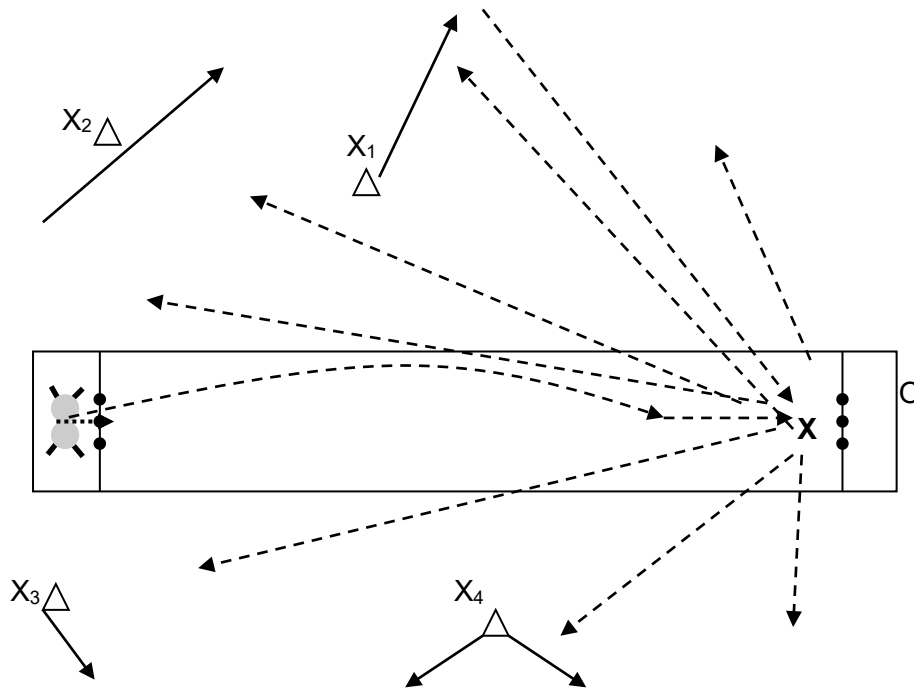
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

Drill description

1. Ball is thrown by feeder O₁ (overarm) towards the bat face of O₂ (hitter/deflector).
2. The ball is deflected by O₂ towards the direction of the slips and gully fieldsmen and the wicketkeeper (WK) to enable players to demonstrate catching technique.
3. Participants rotate between positions X₁, X₂, X₃ and X₄. to demonstrate catching technique for each position.

Drill 11: Back-foot offensive stroke production and running between wickets



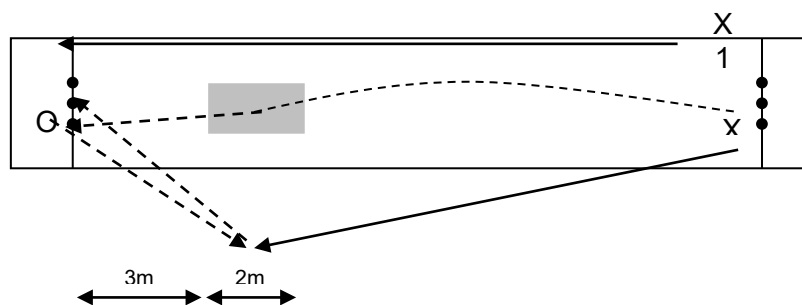
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X	= player		= player movement
O	= feeder		= bowling machine
△	= marker		
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Drill description

1. The batsman X, wearing full batting equipment, i.e. batting pads, gloves, thigh pad, helmet, stands at crease.
2. The bowling machine is set at an appropriate speed to deliver a straight, short-pitched ball on the line of off stump, or, just outside off stump, landing 8m to 10m from stumps.
3. The batsman is to execute a back-foot offensive stroke from the delivery.
4. The batsman attempts to strike the ball along the ground and through the infield between fielders X₁, X₂, X₃, and X₄.
5. Fielders X₁, X₂, X₃, or X₄ field and return the ball with an overarm throw to O at the striker's end.
6. When the ball is struck, the batsman must endeavour to run two runs without getting run out. This applies also when the ball reaches the boundary.
7. Batsman must always complete at least one run and turn at the non-striker's end for a second run.

Drill 12: Bowling: pace (seam or swing); or spin bowl; and underarm throw



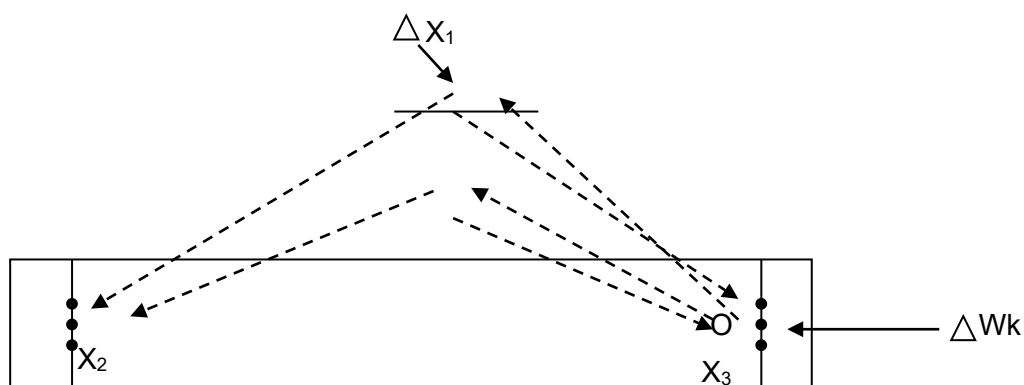
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Drill description

1. The bowler selects to bowl either pace (swing or seam) or spin.
2. The bowler measures their run up.
3. Each bowler delivers the ball while aiming to swing, seam or spin the ball, land the ball in the target zone, and hit the off stump.
4. The target zone is 2m long and 80cm wide in line with the middle stump (extending 40 cm either side of the middle stump), starting 3m from the stumps.
5. Each bowler delivers and fields six consecutive deliveries.
6. After front-foot impact of the bowler's action, a second ball is rolled slowly (at such speed that it will stop between the 3m and 8m lines) toward the bowler.
7. The bowler fields the ball and underarm throws it, attempting to hit the stumps and run the batsman out.
8. Batsman at the non-striker's end attempts to run a single beating the bowler's throw at the stumps.

Drill 13: Infield: ground fielding; overarm throw; and underarm throw



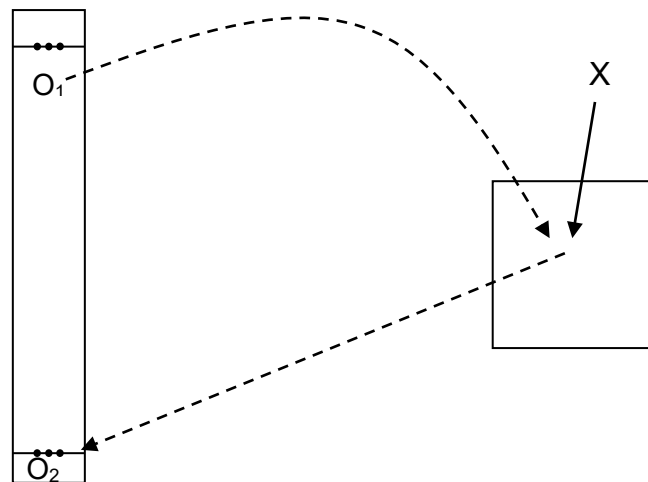
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
Drill description

1. Stumps set up with a marker 30m from stumps at a position mid-pitch (cover or midwicket fielding positions).
2. Ball is struck along the ground towards, and/or, either side of the fielder (X_1) by the feeder from the striker's end.
3. From the moment of impact, the batsmen (X_2 and X_3) attempt to complete a single, and, the wicketkeeper moves from their position 8m from the stumps at the striker's end towards the stumps in anticipation of receiving the ball.
4. X_1 fields the ball and attempts to run either batsman out by: (i) throwing overarm or underarm at stumps at the non-striker's end; (ii) throwing overarm or underarm to wicketkeeper.
5. Fielder to demonstrate overarm and underarm throws.

Drill 14: High catch and overarm throw to wicketkeeper



Key

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|-------|-----------------|---|-------------------|
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| △ | = marker | | |
| ----- | = ball movement | | |

Drill description

1. Feeder strikes a high ball to land in 20m square, which is 50m from the batting crease.
2. The fielder starts 10m from the side of the square and must move and catch the ball after it has been struck
3. The ball is to be caught inside the 20m square.
4. On completing the catch the fielder throws to O₂. 'Bounce throw' may be utilised by the fielder.

Cricket tactical framework

Tactical goals and problems	Movement Response	Associated skills
BATTING		
Protecting the wicket	a) Keeping the ball out b) Getting off strike	<ul style="list-style-type: none"> • Front and back-foot stroke production <ul style="list-style-type: none"> - Front-foot and back-foot defensive strokes - Placement of strokes • Covering the line, length, swing or spin • Running between wickets
	• Defending full length, and short length deliveries.	
	c) Evading the ball	<ul style="list-style-type: none"> • Evasion movement patterns. <ul style="list-style-type: none"> - Moving the body, inside, underneath or away from the flight path of the ball • Letting the ball go <ul style="list-style-type: none"> - Covering the line, length, swing or spin - Tracking the ball - Moving the bat, inside or away from the flight path of the ball
Run scoring	a) Preparation to maximise scoring options	<ul style="list-style-type: none"> • Stance and ready position • Efficient preparatory footwork patterns – preparing for the full length ball
	b) Scoring from the full length delivery	<ul style="list-style-type: none"> • Front-foot stroke production <ul style="list-style-type: none"> - Offensive strokes • Stroke placement • 'Working' the full length delivery into the gaps • Altering the length of the ball by advancing down the wicket
	c) Scoring from the short length delivery	<ul style="list-style-type: none"> • Back-foot offensive stroke production • Stroke placement • Working the short length delivery into the gaps
	d) Rotating/Controlling the strike	<ul style="list-style-type: none"> • Playing with soft hands • Placement of stroke • Working the ball into gaps in the field • Control of the 'tempo' of strokes to maintain strike i.e., 'hitting 'twos' to maintain the strike, rotating the strike with singles • Running between wickets
	e) Clearing the infield	<ul style="list-style-type: none"> • Point of impact in stroke production • Placement of stroke • Lofting and chipping the ball

Cricket tactical framework

Tactical goals and problems	Movement Response	Associated skills
PREVENTING SCORING		
Dismissals Bowling	<ul style="list-style-type: none"> • Making the batsman play 	<ul style="list-style-type: none"> • Control of line and length <ul style="list-style-type: none"> - Bowls to hit the top of the off stump • Control of swing, seam, cut, and, or spin • Position on the bowling crease at the point of release
	<ul style="list-style-type: none"> • Beating the bat a) Moving the ball away from the batsman 	<ul style="list-style-type: none"> • Pace bowling <ul style="list-style-type: none"> - Out swing: conventional and reverse swing - Leg cutter • Spin bowling – Leg spin <ul style="list-style-type: none"> - RH leg break; - LH orthodox; - RH 'Doosra'
	<ul style="list-style-type: none"> b) Moving the ball into the batsman 	<ul style="list-style-type: none"> • Pace bowling <ul style="list-style-type: none"> - In swing: conventional and reverse swing - Off cutter • Spin bowling – Off spin <ul style="list-style-type: none"> - RH 'wrong-un', - RH off break - LH 'Doosra'
<ul style="list-style-type: none"> • Deceiving the batsman 	<ul style="list-style-type: none"> a) Pace <ul style="list-style-type: none"> • Change in pace <ul style="list-style-type: none"> - Slower ball - Quicker ball • Use of the bouncer • Degree of swing or cut <ul style="list-style-type: none"> - Wrist position at release (angle of the seam) • Direction of swing or cut • Angle of flight <ul style="list-style-type: none"> - Position on the crease at release, i.e., Releasing from wide on the crease; bowling behind the crease b) Spin <ul style="list-style-type: none"> • Degree of spin <ul style="list-style-type: none"> - Wrist/hand position at release - Amount of spin applied to the ball • Change in pace <ul style="list-style-type: none"> - Use of the arm ball • 'Shape' or 'flight' of delivery <ul style="list-style-type: none"> - Height of release, i.e.; Vertical angle of bowling arm at release - Drop - Drift • Drop – use of over spin i.e., top spinner • Angle of flight <ul style="list-style-type: none"> - Position on the crease at release, i.e., Releasing from wide on the crease; bowling behind the crease • Direction of spin 	

Cricket tactical framework

Tactical goals and problems	Movement Response	Associated skills
PREVENTING SCORING (cont.)		
Dismissals Bowling	<ul style="list-style-type: none"> • Hitting the stumps • Hitting the batsman in line with the stumps 	a) Pace <ul style="list-style-type: none"> • Pitching in line with the stumps • Yorker • Control of movement i.e. swing, seam or cut • Position on the bowling crease at the point of release i.e., close to the stumps to bowl a stump-to-stump line b) Spin <ul style="list-style-type: none"> • Pitching in line with the stumps • Control of length • Control of side-spin • Delivery type: Arm ball; Over spin; Back spin; 'Flipper' • Position on the bowling crease at the point of release i.e., close to the stumps to bowl a stump-to-stump line; bowling over or around the wicket
Dismissals Fielding	<ul style="list-style-type: none"> • Catching 	<ul style="list-style-type: none"> • Catching – slips gully & wicket keeping <ul style="list-style-type: none"> - Stance/Ready position - Focus - Positioning - Execution • Outfield/Infield catching <ul style="list-style-type: none"> - Stance/Ready position - Focus - Communication - Positioning - Execution
	<ul style="list-style-type: none"> • Running the batsman out 	<ul style="list-style-type: none"> • Outfield/Infield <ul style="list-style-type: none"> - Stance/Ready position - Focus - Positioning - Communication - Execution: gather and throw

Cricket tactical framework

Tactical goals and problems	Movement Response	Associated skills
Minimising run scoring Bowling	<ul style="list-style-type: none"> • Bowling to the field setting 	<ul style="list-style-type: none"> • Control of line and length <ul style="list-style-type: none"> - Bowls to hit the top of the off stump - Control of the full length delivery, e.g., Yorker • Control of swing, seam, cut, and, or spin
Deception of the batsman Bowling	<ul style="list-style-type: none"> • Deceiving the batsman 	<ul style="list-style-type: none"> a) Pace <ul style="list-style-type: none"> • Change in pace <ul style="list-style-type: none"> - Slower ball - Quicker ball • Use of the bouncer • Degree of swing or cut <ul style="list-style-type: none"> - Wrist position at release (angle of the seam) • Direction of swing or cut • Angle of flight <ul style="list-style-type: none"> - Position on the crease at release, i.e., Releasing from wide on the crease; Bowling behind the crease b) Spin <ul style="list-style-type: none"> • Degree of spin <ul style="list-style-type: none"> - Wrist/hand position at release - Amount of spin applied to the ball • Change in pace <ul style="list-style-type: none"> - Use of the arm ball • 'Shape' or 'flight' of delivery <ul style="list-style-type: none"> - Height of release, i.e.; Vertical angle of bowling arm at release - Drop - Drift • Drop – use of over spin i.e., top spinner • Angle of flight <ul style="list-style-type: none"> - Position on the crease at release, i.e., Releasing from wide on the crease; bowling behind the crease • Direction of spin
Fielding	<ul style="list-style-type: none"> • Preventing the run 	<ul style="list-style-type: none"> • Outfield/Infield <ul style="list-style-type: none"> - Stance/Ready position - Focus - Positioning: Slide, dive, relay throw - Communication - Execution: gather and throw