



Beginners Bowling Drills



Beginner Skill Drills for Bowling

Bowling in rounders requires accuracy, consistency, and good technique. Here are some beginner-friendly drills to help develop confidence and control in underarm bowling.

1. Grip & Stance Basics

📌 Objective: Teach proper grip and stance for controlled, legal deliveries.

✅ How to Do It: Hold the ball with a relaxed grip using the fingertips. Stand facing the backstop, with the non-bowling foot slightly forward. Practice a smooth, underarm swinging motion while stepping forward releasing at different points.

🎯 Focus On: Comfortable grip, controlled arm movement, and stance balance.

2. One-Knee Bowling Drill

📌 Objective: Improve hand control and release accuracy.

✅ How to Do It: Kneel on one knee and bowl underarm to a partner or a target. Focus on smooth arm movement and consistent release. Helps eliminate unnecessary body movement and refine bowling action.

🎯 Focus On: Smooth, controlled arm swing and accurate ball release.

3. Target Bowling Challenge

📌 Objective: Improve accuracy and consistency.

✅ How to Do It: Get a player to hold a hoop on their batting side, providing a guide as to where the ball should be received. Players take turns bowling through the hoop to the backstop. Move the target slightly to challenge precision at different angles.

🎯 Focus On: Releasing the ball at the right moment for better accuracy.

4. Distance Control Drill

📌 Objective: Develop the ability to adjust power and length.

✅ How to Do It: Mark three different distances (short, medium, long). Bowlers must aim for each distance in sequence. Helps players understand how to adjust their arm speed and ball release.

🎯 Focus On: Bowling different lengths while maintaining accuracy.

5. Partner Bowling Relay

📌 Objective: Build consistency and quick decision-making.

✅ How to Do It: Players form pairs and bowl to each other at a steady pace. After every 5 successful bowls, they take a step back to increase distance. Encourages control over power and technique at varying ranges.

🎯 Focus On: Controlled power and keeping a legal bowling motion.

6. Bowling Under Pressure

📌 Objective: Prepare for match situations.

✅ How to Do It: A batter stands in position while the bowler aims to deliver a legal ball. Focus on accuracy, speed, and consistency while a real batter is in front. Coaches can add time pressure to simulate match conditions.

🎯 Focus On: Staying calm, controlled, and consistent under pressure.

Bonus: Bowling Competition

📌 Objective: Make practice fun and competitive.

✅ How to Do It: Players compete to see who can land the most accurate bowls in a target zone.

Add different levels of challenges, like spinning the ball slightly. Reward consistency and improvement over time.

🎯 Focus On: Developing competitive spirit and match-readiness.

