



AUSTRALIAN
CRICKET INSTITUTE

**HOW TO BOWL
THE BOUNCER
WITH JAMIES
PATTINSON**

HOW TO BOWL THE BOUNCER WITH JAMES PATTINSON

Now let's look at my favourite ball, the bouncer. The bouncer is a very effective ball in t20 cricket because a lot of the time batsmen are looking to get on the front foot and aren't expecting a bouncer.

It's very important that when you bowl a bouncer it's well directed and high enough, preferably above shoulder height which doesn't give you much room for error because anything above the head is a wide. If your bouncer is below the shoulders and around chest height good batsmen will put it away.

In t20 cricket bowlers are only allowed 1 bouncer per over which means it's important to be aware of when to use it. I generally like to use mine in the middle of an over or towards the end of an over so that it's in the batsman's mind. If you use it first ball the batsman knows he can be on the front foot for the rest of the over. That's not to say you can't use it first ball.

The other thing to take into account when bowling a bouncer is where the batsman likes to play it, this is where reading the batsman comes into play. Some batsmen will like to back away, free his arms and try to hit the ball over the off side. In this case I'd direct the bouncer straight at him and cramp him for room. Some players will like to get inside the ball and try to hit it to the leg side or down to fine leg and in this case I'd try to direct the bouncer more wide of off stump.

Practicing The Bouncer

When practicing a bouncer, it's more important to worry about the end result rather than where you land the ball on the pitch. The end result we are looking for is the ball passing



through between the batters shoulders and top of the head. Where you pitch the ball is going to be determined by your height and pace. A taller bowler will be able to achieve the end result by pitching the ball fuller, that's why we worry more about the end result.

Set some targets up as I have in the image below. On the back net at the height you want the ball to go through. Remember to set targets up for both a right and left hander.



It's important to change the height of the targets to practice bowling at different height batsmen.

Keys to Bowling a Good Bouncer

- Keep your action strong – use your front arm
- Stay up nice and tall
- Release from your highest point
- Don't try to bowl too fast (this will cause you to lose your shape and fall over – reducing pace and bounce)

Bowling a good bouncer is more about rhythm and the correct action. Stay up nice and tall, release the ball from as high as possible and finishing off with a strong front arm. If you try to bowl too fast you will lose your action, fall over and lose pace and bounce.

