The Scots College
Prep Cricket

Bowling Run Ups

KEY
- Red: Right Arm Over the Wicket to a RH Batsman
- Blue: Right Arm Over the Wicket to a LH Batsman

Note: Mirror image applies for a Left Arm bowler, bowling over the wicket as indicated by

COACHING TIPS
- Your run up should gradually increase in pace & you should reach your peak at the point of delivery.
- You need to align yourself in a position that allows you to run straight towards your target.
- If you follow this line then your feet should be lined up towards the same direction.