

AN INTEGRATED APPROACH TO THE BIOMECHANICS AND MOTOR CONTROL OF CRICKET FAST BOWLING TECHNIQUES

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- 1. Fast bowlers have the highest rate of injuries**
- 2. Contact and overuse injuries.**

IN DEPTH STUDY OF LITERATURE

Review of:

- 1. Fast bowling technique**
- 2. Ball release speed**
- 3. Bowling accuracy.**



RUN UP PHASE

Fast bowlers have average running speeds of 4-6m/s



BALL SPEED

The most consistent contributor to ball release speed was the action of the bowling arm.



WHAT NOW

There are wide variations of bowling style, there is no universal bowling method



COACHES AND BOWLERS

Bowlers should explore their techniques, and coaches should guide change to improve performance

