



Spinning the Web!

Spin Bowling Workshop

Run by **Karl Howson & Luke Humphrey**



Over the last 10–15 years both Luke & Karl have worked with many spinners both here at HECCSport and on the county circuit. In fact, Karl was one of the coaches who changed Monty Panesar, at the age of 15, from a seamer to a left arm orthodox spin bowler. The workshop will cover the following topics:



What is a stock ball and why is it important?



How do you bowl an arm ball & which one is for you?



How to out-think the batter!



Game plans



...plenty more!

Course details are as follows:

Date: 14th April 2010

Time: 1-4pm

Cost: £25/person

Other: For the what's what on spin, this workshop is a must!



DEVELOPING PERFORMANCE