

Grip of Jack



This method of obtaining the correct grip of the jack may be used when teaching a group of new members. Ask all players to place the jack in the palm of the non-bowling hand as in Photo (a). Next, with the fingers of the bowling hand together, place the fingers over the top of the jack until their tips touch the palm of the hand as shown in Photo (a); place the thumb against the jack, pick it up, turn your hand over, and you will find the perfect grip.

Delivering the Jack

For a player who has a problem delivering the jack straight



1 One of the common faults when delivering a jack is for the pupil to look along the chalk line as the jack is delivered. To avoid this, take the mat out beyond the chalk line and stand about four to five metres in front of it. Then tell the player to look at your feet and deliver the jack to them.

This problem is usually caused by the back leg not bending enough, and as you would know, all bowlers should be able to deliver a straight jack when the mat is beyond the chalk line. Length control will be more accurate if looking where the jack needs to finish.



2 Another method which has been found to be effective is to stand about three metres away from the player, then ask the player to gently toss the jack to you in the air. All players seem to be able to do this. When your pupil does gently toss the jack to you, say: "If you can do that, all you are going to do is use the same action, but instead of tossing it, you are going to deliver it along the ground."



3 With the bowling hand, put all your fingers tight together, as in Photo 3. Next, place the jack on the first crease of the second finger (long finger) and allow the thumb to come down on the jack in a good, comfortable position. Still holding the jack in this correct position with the fingers below the wrist, and with your stance ready to deliver the jack, take the jack away, leaving the fingers and thumb in exactly the same position as in Photo 3. Now ask the player to go through the normal delivery still holding their fingers in this position: when the player stands up, see if the fingers are the same as when you took the jack away before the delivery. The jack must fit back into the fingers exactly. It could take a fair amount of practice to achieve the result. This method will fix 90% of poor jack delivery. Start with a very slow action and gradually increase to a natural rhythm.