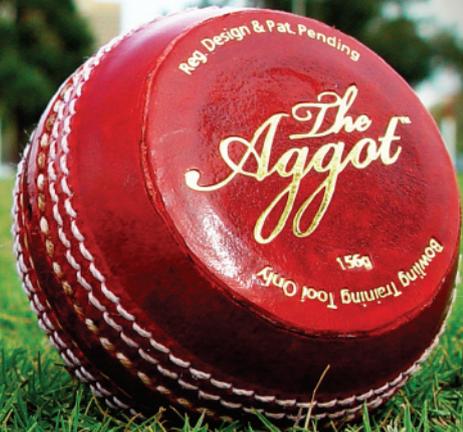


INTRODUCING...

THE AGGOT™



Leg Spin Bowling

The main aim of leg spin bowling is to deceive the batsman, both in the air (by making the ball drift and drop quicker than would normally be the case) and off the wicket (by making the ball turn and bounce higher or lower than would normally be expected).

This is largely achieved by making the ball:

- spin very quickly (ie high level of revolutions per minute)
- have the axis of rotation horizontal
- have a uniform direction of spin along the seam of the ball
- have a combination of 'overspin' and 'sidespin'. Depending on wind conditions and wicket conditions, a good rule-of-thumb is to have an angle of spin, relative to its direction of travel of 45°.

How The Aggot™ works:

When bowling the The Aggot™, if spin is imparted on the ball correctly, due to its physical shape, it will retain its disc shape throughout its path in the air. Additionally, it will be clearly visible what the disc's angle of trajectory, rotation, direction of spin and axis of rotation is.

The Grip:

The grip used on The Aggot™ should be exactly the same used for a normal ball.

The orthodox grip is two fingers up and two down, with the split between the second and third fingers, which are spread across the seam. The top joints of the index and second fingers lie across the seam, the third finger is bent and along the seam. The thumb rests on the ball and does not do anything.

The Ideal Leg Break:

The "perfect" leg break could be considered to have the following properties in the air:

- Very fast spin or revolutions on the ball.
- A uniform direction of spin around the seam of the ball.
- A combination of overspin (topspin) and sidespin so that not only does the ball turn when it bounces off the wicket, but it also drops in the air and bounces higher than would normally be expected. A simple rule-of-thumb would be having the direction of the spin at 45° (pointing to third man) as it travels down the wicket.
- A vertical position as it travels down the wicket. This means that the axis of rotation of the ball is horizontal resulting in the fastest spinning part of the ball (which is around the seam) hits the pitch first.

Please note, different wicket conditions; state of condition of the ball and wind strength and direction may affect the "perfect" leg break at a particular time.

Drills:

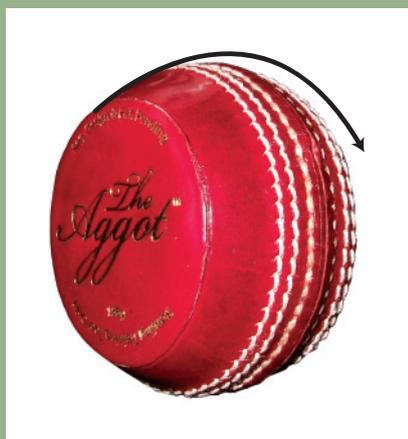
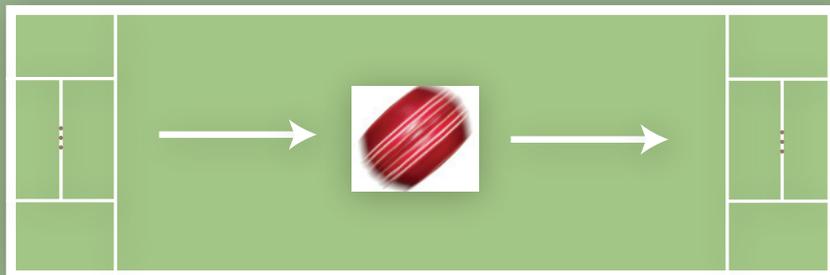
The Aggot™ can be used in both skill-practising drills and in full, game-like practising situations. Some skill practising drills would include kneeling on the ground and spinning the ball with an underarm action in order to see the direction and stability of the spin.

This can also be done with a partner by using an underarm action while in the kneeling position. One could also underarm the ball to another participant while standing, in order to practice the correct wrist action.

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LEG SPIN BOWLING

Top View



Front View



View from Behind

Safety

The Aggot may bounce unpredictably due to its unique shape. As a consequence, injury may occur if The Aggot™ is bowled towards any person. The Aggot™ is intended to be used as a bowling training tool only. Do not bowl The Aggot™ toward other people (including, for example, batsmen, coaches, wicket-keepers or catchers). It is also recommended that appropriate precautions be taken to avoid potential damage to property, for example by using The Aggot™ away from buildings. No liability will be accepted by the inventor, manufacturer or supplier for any injury or damage caused through use of The Aggot™ contrary to these instructions, and all liability for any direct, indirect or consequential damages in contract, tort or negligence arising in connection with any use of The Aggot is excluded (other than any liability that cannot lawfully be excluded).

* All diagrams based on right-hand bowler to right-hand batsman