

**Fielding Drill Cards**

**Basic Ball Handling**

## Fielding Skill - Hand to Hand Throw

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

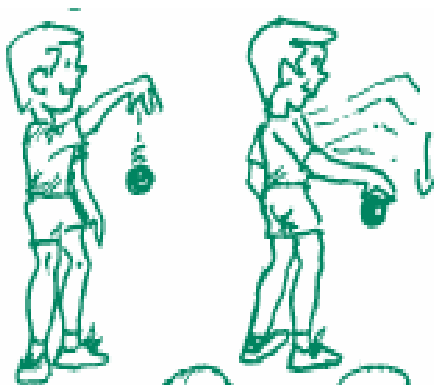
### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** *One* cricket / tennis ball per player

### Skill Outline

Player to hold the ball in one hand at about head height and throw it to the other hand at waist height. Change the hand positions and repeat - gradually getting faster.



### Coaching Notes

## Fielding Skill - Belly Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** *One* cricket / tennis ball per player

### Skill Outline

Player to drop the ball at chin level and allow it to roll down the chest before catching it near the belly button (Navel).



### Coaching Notes

## Fielding Skill - Drop and Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

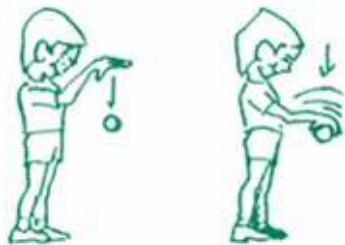
### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** *One* cricket / tennis ball per player

### Skill Outline

Player to drop the ball at chin level and then try catching it before it hits the ground. This is a good exercise for the reflexes.



**Variation:** Drop circle the ball and catch



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Drop, Bounce and Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** *One* cricket / tennis ball per player

### Skill Outline

Player to drop / Throw the ball down into the ground and catch it with two hands by making the hands into a cup



### Coaching Notes

Briefly explain to all the players how to catch a ball emphasising the cupped hands, figures facing down and the need to give with the catch and bring into the chest.

## Fielding Skill - Throw, Clap, Turn and Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

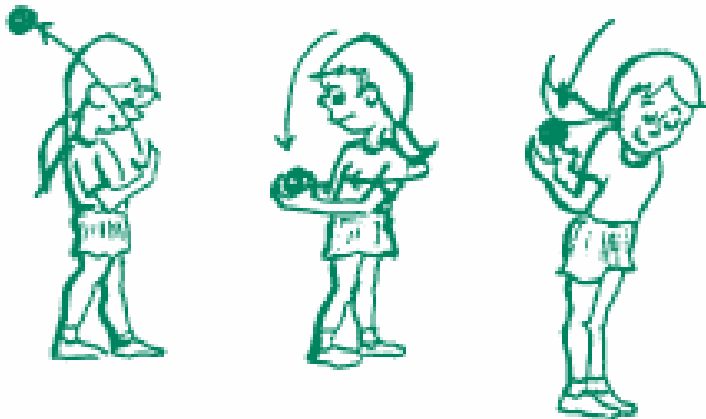
**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** **One** cricket / tennis ball per player

### Skill Outline

Player to lob the ball in the air over his/her shoulder, then turn and catch the ball behind them.

**Variation:** Repeat by lobbing the ball over the shoulder and trying to catch it behind the back without turning around.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Throw, Clap and Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** **One** cricket / tennis ball per player

### Skill Outline

Player to throw the ball up into the air and catch the ball.

**Variations:** to this exercise is that the player can clap once before catching the ball. Or turn around once before catching the ball. Jump in the air then catch the ball, etc.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Kneel, Throw, Stand and Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** **One** cricket / tennis ball per player

### Skill Outline

Player to kneel down on one knee holding the ball in one hand, throw it up, then stand, clap and catch it with two hands.

**Variations:** repeat with right hand only or left hand only



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Flick and Catch in Front

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

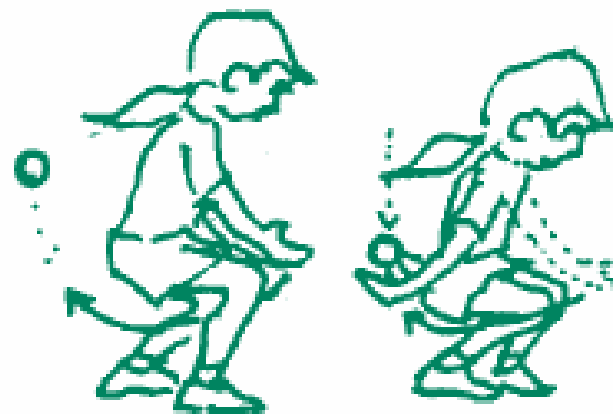
**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** **One** cricket / tennis ball per player

### Skill Outline

Player to hold the ball behind the legs, then flicks it up between the legs to catch it in front with two hands.

**Variations:** repeat with right hand only or left hand only



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Sit, Throw, Stand and Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Player to sit down holding the ball in one hand, throws it up, then stands and catches it with two hands.

**Variations:** repeat with right hand only, left hand only or introduce a clap.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Stand, Throw, Jump And Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Player to stands holding the ball in one hand, throw it up, then jumps and catches it with two hands.

**Variations:** repeat with right hand only, left hand only or introduce a clap.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Stand, Throw, Swivel And Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

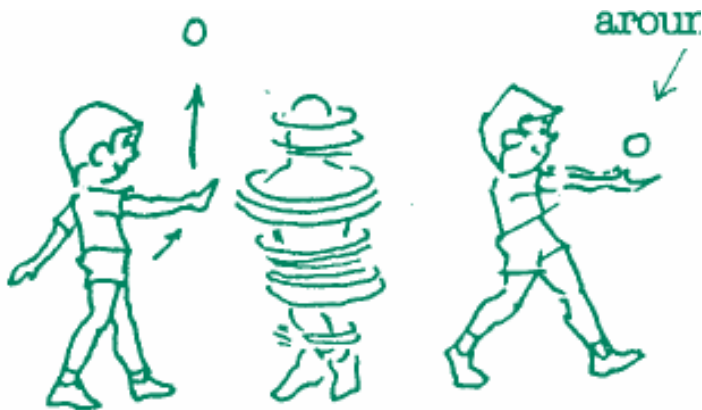
**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Player to stands holding the ball in one hand, throw it up, then swivels and catches it with two hands.

**Variations:** repeat with right hand only, left hand only, two or more swivels before catching the ball or introduce a clap.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Hand To Hand Throw

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Player to hold the ball in one hand and the coach calls out a body part the player passes from hand to hand around the body part e.g. waist leg, etc. - gradually getting faster.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Elbow Extension And Catch

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Hold the ball above the elbow, drop the ball and hit it with the elbow joint by straightening and extending the arm quickly. Then catch the ball.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill - Throw At Target

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Players to take it in turns to throw at the target. On missing take a step towards the cone. Each time the cone is hit the thrower takes two steps back.



### Coaching Notes

Briefly explain to all the players how to catch a ball above the eye emphasising the high hands which needs to give with the catch.

## Fielding Skill – Basic Stopping

### Objective of Skill

Get the players familiar with the feel of the ball and is good for beginners

### Equipment & Assistance Required

**Assistance:** 1 - 2 Parent Helpers (Practice Assistants) : Assist with fielding Group.

**Equipment :** One cricket / tennis ball per player

### Skill Outline

Players to take it in turns to roll the ball to their partner who stops it and rolls it back.

**Variations:** Roll left and right of each other. Attempt to roll the ball between two cones. Score a point each time the ball gets past the player.



### Coaching Notes

Briefly explain to all the players how to stop a ball the need to keep their eyes on the ball..

## Fielding Skill -

### Objective of Skill

### Equipment & Assistance Required

### Skill Outline

### Coaching Notes

# Catching Drills

## Fielding Skill – Zone Tag

### Objective of Skill

Close catches are taken at or below waist height by fielders placed in the infield close to the bat. Such as the slips, gully silly mid on and off. Over half of all dismissals are from close catches.

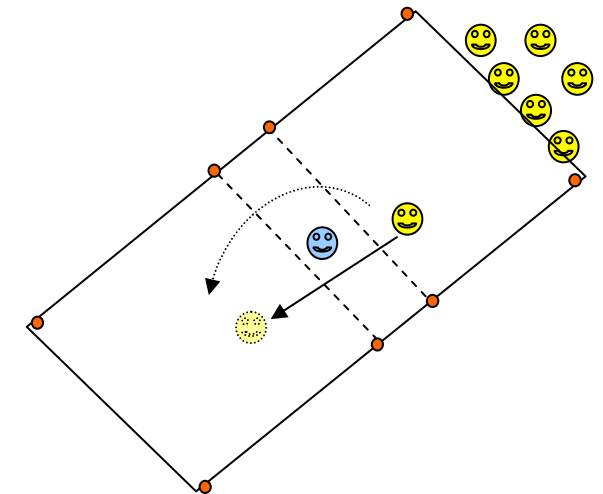
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket t/ tennis ball per player & 8 cones.

### Skill Outline

Use cones to set up a rectangle 15x30m with a zone 3m wide in middle. One player occupies the centre zone and is the zone guard. The other players line up at one end with ball in hand. Players run across the rectangle with ball in hand. When they reach the zone they must lob the ball over the zone & catch it on the other side without being tagged by the zone guard. Players who are tagged or drop the ball become zone guards. The last player caught is the winner and becomes the next zone guard to start off the game. This is a good warm up / warm down drill.



### Coaching Notes

Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

## Fielding Skill - Fan Catches

### Objective of Skill

Close catches are taken at or below waist height by fielders placed in the infield close to the bat. Such as the slips, gully silly mid on and off. Over half of all dismissals are from close catches.

### Equipment & Assistance Required

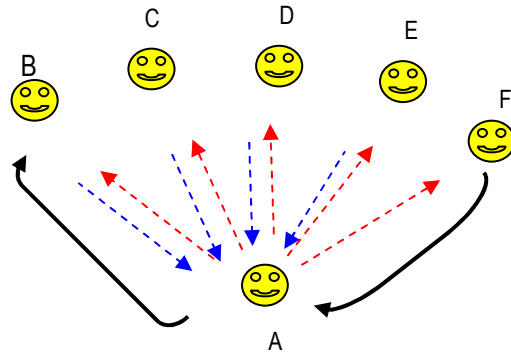
**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 2 cricket / tennis balls.

### Skill Outline

Arrange players B to F in a semi-circle around player A about 5m away. Player A underarm throws the ball & receives a return throws from each of the other players in turn. When the last player receives the ball, player A runs to player B's position all the other players move along a place. Player F runs with the ball to player A's central position & continues the sequence.

See how many catches can be made in a stipulated time frame. This is a good warm up / warm down drill.



### Coaching Notes

Focus on the ball. Judge the flight of the ball & move quickly to get under or in line with it. Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

## Fielding Skill - Close Catching

### Objective of Skill

Close catches are taken at or below waist height by fielders placed in the infield close to the bat. Such as the slips, gully silly mid on and off. Over half of all dismissals are from close catches.

### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

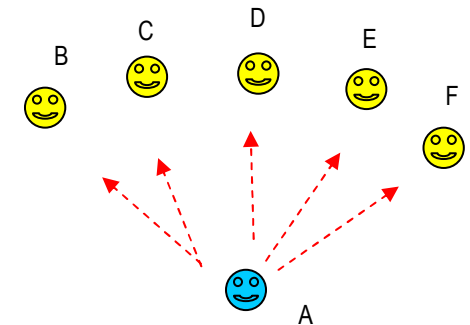
**Equipment :** 2 cricket / tennis balls. **Optional:** Tennis racquet and/or bat

### Skill Outline

Arrange players B to F in a semi-circle around player A about 5m away. Coach A underarm throws the ball & receives a return throw from each of the other players in turn. If player drops the ball he/she moves to the bottom of the class C, with the objective of trying to get to the top.

**Variations:** Use a bat for older players or use a tennis racquet, which enables you to hit harder and thereby reducing the possibility of injury.

**Caution:** If using a bat & hardball remember not to hit too hard.



### Coaching Notes

Focus on the ball. Judge the flight of the ball & move quickly to get under or in line with it. Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

## Fielding Skill - Close Catching

### Objective of Skill

Close catches are taken at or below waist height by fielders placed in the infield close to the bat. Such as the slips, gully silly mid on and off. Over half of all dismissals are from close catches.

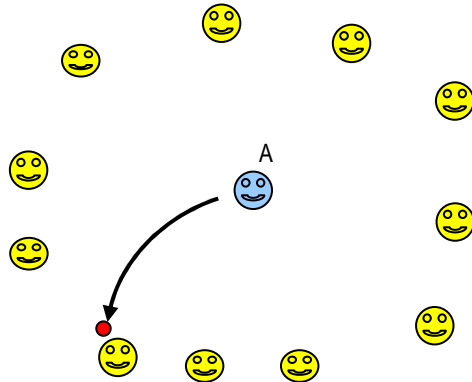
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 2 cricket / tennis balls. **Optional:** Tennis racquet and/or bat

### Skill Outline

Arrange players circle around player / coach A about 5m away. Coach A underarm throws the ball & receives a return throw from each of the other players in turn. See how many consecutive catches can be made. Coach to throw randomly. Variations: Use a tennis racquet, which enables you to hit harder and thereby reducing the possibility of injury. This is a good warm up / warm down drill.



### Coaching Notes

Focus on the ball. Judge the flight of the ball & move quickly to get under or in line with it. Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

## Fielding Skill – Catching Relay

### Objective of Skill

Close catches are taken at or below waist height by fielders placed in the infield close to the bat. Such as the slips, gully silly mid on and off. Over half of all dismissals are from close catches.

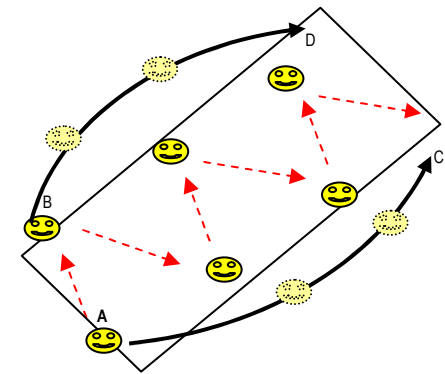
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 3 – 4 cricket / tennis balls.

### Skill Outline

The 1st player A underarms the ball to the 1st player B who lobs it diagonally to the 2nd player in player A's line & so on down the lines. Once the player A has thrown the ball he/she runs around the back of their group to the end of the line to point C and wait for the ball to arrive. Player B does the same & moves to point D. Each player continues this sequence until each player has caught a pre-determine number of catches. Variations: Do against the clock, number of completed sequences in 1 minute. Introduce two or three balls.



### Coaching Notes

Focus on the ball. Judge the flight of the ball & move quickly to get under or in line with it. Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

## Fielding Skill – Tennis Cricket

### Objective of Skill

To work on basic catching skills

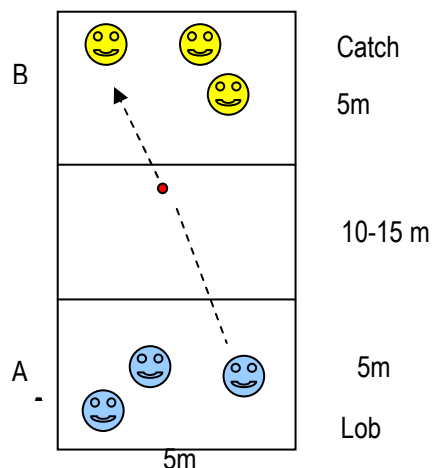
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 2 cricket / tennis balls and eight cones (mark out court).

### Skill Outline

Use the cones to set up two end zones A & B and 5x5 m separated by a neutral zone 10 - 15 m long. Divide the players into two groups of three - one in zone A, the other in zone B. (If teams great than 3 then increase zones size appropriately). A player from zone A to lob the ball underarm into zone B where the players try to catch it before it lands, before lobbing it back into zone A. Each group scores 1 pnt by: 1) Drop catch. 2) Ball bounces in opponent's zone 3) Catch being caught & 4) Ball lobbed out of zone by opponents. First to 20 points wins



### Coaching Notes

Focus on the ball. Judge the flight of the ball & move quickly to get under or in line with it. Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

## Fielding Skill - Basic Catching

### Objective of Skill

To work on basic catching skills. Work on underarm throwing - accuracy

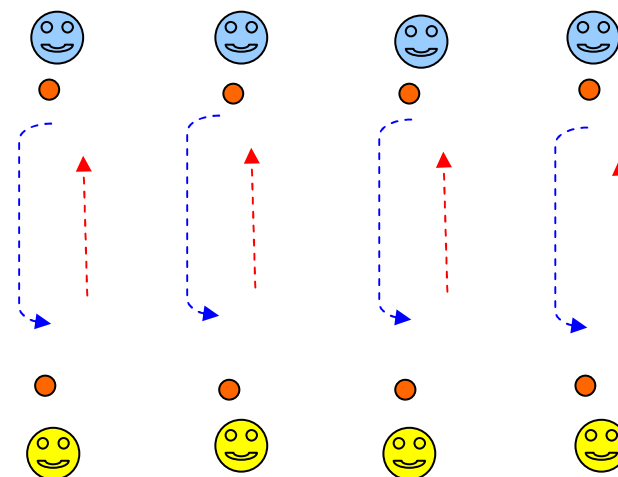
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball and 2 cones per pair .

### Skill Outline

Use the cones as markers to form two lines of players facing each other about 5m apart. In pairs player underarm the ball to each other and count how many catches they can get in an allotted time. Variations: Increase the distance between the players, get them to use their non-preferred hand to underarm the ball or catch with one hand (left then right).



### Coaching Notes

Focus on the ball. Judge the flight of the ball & move quickly to get under or in line with it. Stretch out arms so hands are above eye level in preparation to take the catch. Watch the ball into the hands. Take the catch at eye level. Absorb impact of the ball by drawing the elbows back to cushion it against the chest. For catches arriving below the waist ensure hands are pointing downwards & take the catch below the eyes. Absorb impact of the ball by drawing the hands back passed your side.

# Fielding Drills

## Fielding Skill – Underarm Pick Up and Throw

### Objective of Skill

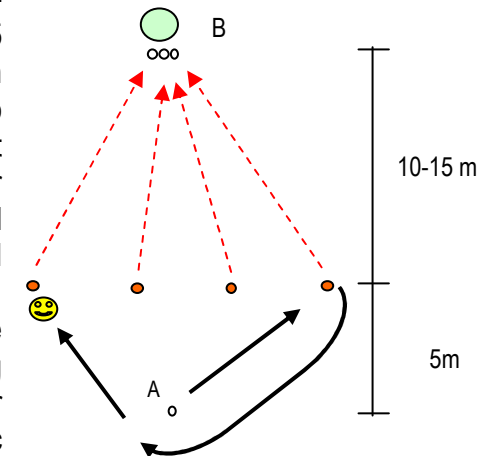
The underarm pick up and throw is used for speed and accuracy in the infield close to the wicket. An additional advantage of this drill is you can bring some fitness work into the drill.

### Equipment & Assistance Required

Assistance: 1 Parent helper (Practice Assistants) : Assist with fielding Group.  
Equipment : One set of wkeeper pads, gloves, inners & box, 4 stumps, 4 cricket / tennis balls and 4 cones. Optional : stopwatch

### Skill Outline

Setup 3 stumps and the 4th between 15 - 20metres away. Put 4 cones 10-15 metres from the wkts to mark the position of the balls. Player starts at A and runs to the 1st ball picks up the ball and throws it underarm to the Wkeeper (B). Player then returns back around stump A and fields the next ball in the same way and continues until all the balls are fielded. The exercise is completed once the player returns to stump A after fielding the last ball. Pnts can be awarded for direct hit, over top of stumps, etc  
Variations: Do it with non throwing arm only, two left handed and two right handed and/or against the clock.



### Coaching Notes

Move behind the line of the ball. Stay front on. Move in quickly, knees bent, hands low, fingers pointing down. Watch ball into hand. Pick up the ball on the outside of the foot on the throwing arm side of the body. Bring the throwing arm with the ball back, eyes on the target and step onto opposite foot, bring the throwing arm straight through with the wrist firm. Follow through

## Fielding Skill - Pick up and Throw

### Objective of Skill

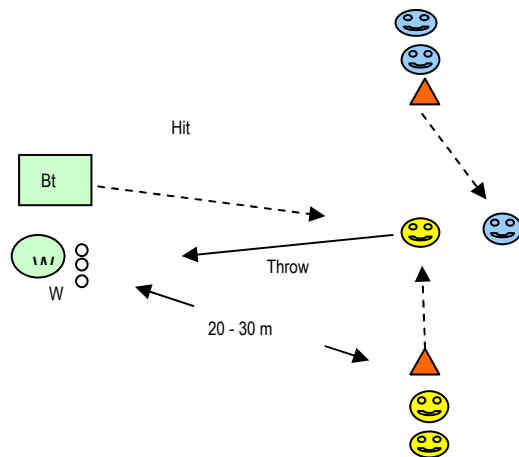
Look to attack the ball & returning it to the wkeeper preventing the batsman getting quick singles. Ensure that there is always a player backing up the fielder and that the player doing the fielder calls clearly.

### Equipment & Assistance Required

**Equipment** : One set of wkeeper pads, gloves, inners & box, stumps, 4 cricket / tennis balls, 2 cones and 1 bat

### Skill Outline

Set up the stumps & 2 cones as a triangle with 20-30 m between each. Player A [W] to stand behind the stumps & act as wicketkeeper, player B (Coach) [Bt] to stand nearby with bat to hit the ball, the rest of the players to divide into two even groups and line up behind the cones. Player B (Coach) to hit the ball along the ground between the cones, the first player from each group run to intercept the ball, one to pick up and over arm throw back over the stumps to the wicketkeeper, the other to back up, then to carry on and join the back of the opposite group. Continue the sequence until each player in both groups has had several turns to stop and throw the ball, as well as backing up the fielder.



### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Pick ball up with two hands get side on, point to target and using the over arm throwing technique get in over the stumps. Make sure player backing up does not get too close to the player fielding the ball

## Fielding Skill - Underarm Pick up and Throw

### Objective of Skill

The underarm pick up and throw is used for speed and accuracy in the infield close to the wicket. An additional advantage of this drill is you can bring some fitness work into the drill.

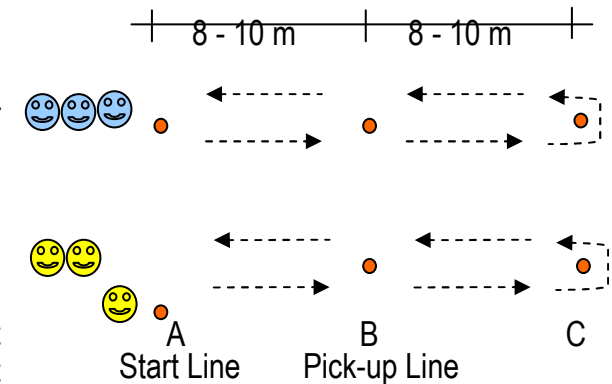
### Equipment & Assistance Required

**Assistance**: 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment** : 2 cricket / tennis balls & 6 cones. Optional : Stopwatch

### Skill Outline

Set up three cones in a line 8 - 10 metres between each. Players to line up behind one of the end cones. The first player runs forward with the ball and places it on the middle cone (B), Continues on around the end cone (C), picks up the ball again and throw it underarm to the next player in line. This player repeats the cycle. Repeat the activity several times adding variation by competing against one or more groups.



### Coaching Notes

Move behind the line of the ball. Stay front on. Move in quickly, knees bent, hands low, fingers pointing down. Watch ball into hand. Pick up the ball on the outside of the foot on the throwing arm side of the body. Bring the throwing arm with the ball back, eyes on the target and step onto opposite foot, bring the throwing arm straight through with the wrist firm. Follow through

## Fielding Skill - Underarm Pick up and Throw

### Objective of Skill

The underarm pick up and throw is used for speed and accuracy in the infield close to the wicket

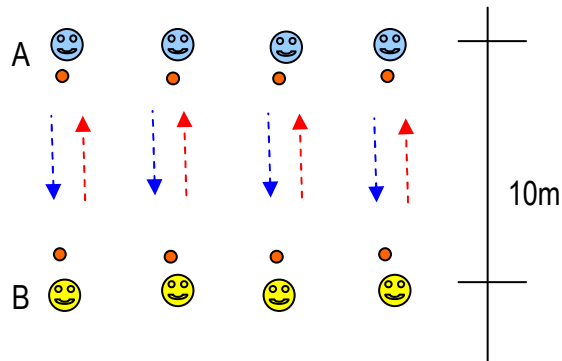
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 4 cricket / tennis balls & 8 cones

### Skill Outline

Set up the cones in pairs about 10 metres apart. Player A gently rolls the ball towards player B who runs in picks up the ball and underarm throws it to player A. Player B returns to his cone and the drill is repeated. After about six turns, change letting player B role the ball and player A does the fielding. Variations: Do it with non throwing arm only.



### Coaching Notes

Move behind the line of the ball. Stay front on. Move in quickly, knees bent, hands low, fingers pointing down. Watch ball into hand. Pick up the ball on the outside of the foot on the throwing arm side of the body. Bring the throwing arm with the ball back, eyes on the target and step onto opposite foot, bring the throwing arm straight through with the wrist firm. Follow through

## Fielding Skill - Underarm Pick up and Throw

### Objective of Skill

The underarm pick up and throw is used for speed and accuracy in the infield close to the wicket This drill is done with batsmen running between the wickets.

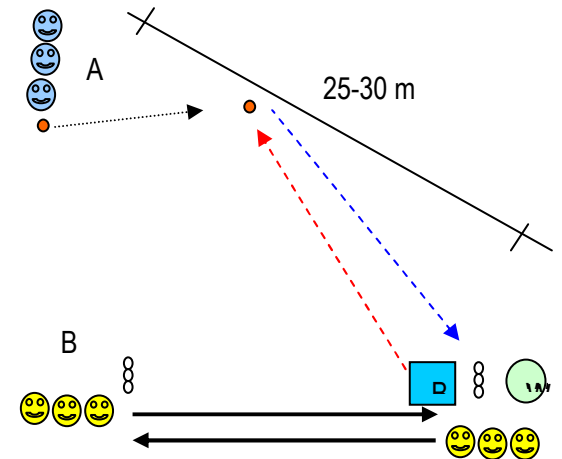
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** One set of wkper pads, gloves & box, 2 sets of stumps, 3-4 cricket / tennis balls, 3-4 bats & 2 cones

### Skill Outline

Set up the two sets of stumps a pitch length apart. Put 1 cone 25-30m from the bat & one at about fielding position mid off. Fielders to line up at point A and the batters at B. The coach rolls the ball out to around the 25-30m mark, the batters attempts to complete two runs. The fielder move in picks up the ball again and throws it over arm to the wkeeper and tries to run out the batter. Keep score as to the number of completed runs and turn the drill into a game. Ensure batsmen call properly and only complete the runs available.



### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Pick ball up with two hands get side on, point to target and using the over arm throwing technique get in over the stumps.

## Fielding Skill - Underarm Pick up and Throw

### Objective of Skill

The underarm pick up and throw is used for speed and accuracy in the infield close to the wicket. This drill is done with batsmen running between the wickets.

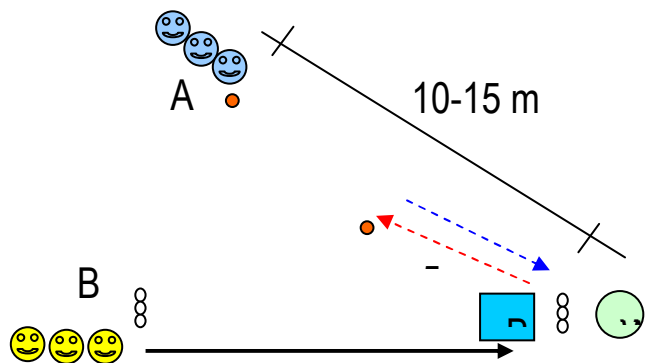
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** One set of wkpr pads, gloves & box, 2 sets of stumps, 3-4 cricket / tennis balls, 3-4 bats & 2 cones

### Skill Outline

Set up the two sets of stumps a pitch length apart. Put 1 cone 10-15m from the bat & one at about 5m. Fielders to line up at point A and the batters at B. The coach roles the ball out to around the 5m mark, the batter attempts a quick single. The fielder move in picks up the ball again and throws it underarm to the wkeeper and tries to run out the batter. Keep score as to the number of completed runs and turn the drill into a game. Variations: Complete using two batmen.



### Coaching Notes

Move behind the line of the ball. Stay front on. Move in quickly, knees bent, hands low, fingers pointing down. Watch ball into hand. Pick up the ball on the outside of the foot on the throwing arm side of the body. Bring the throwing arm with the ball back, eyes on the target and step onto opposite foot, bring the throwing arm straight through with the wrist firm. Follow through. Batter ground bat & run between wicket & fielder.

## Fielding Skill - Underarm Pick up and Throw

### Objective of Skill

The underarm pick up and throw is used for speed and accuracy in the infield close to the wicket. This drill is done with batsmen running between the wickets.

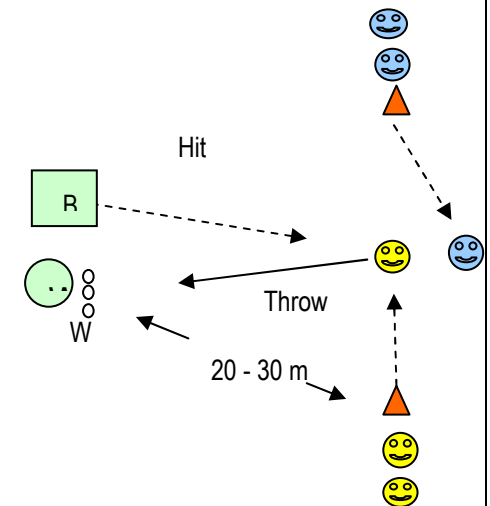
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** One set of wicket keeper pads, gloves, inners & box, stumps, 4 cricket / tennis balls, 2 cones and 1 bat

### Skill Outline

Set up the stumps & 2 cones as a triangle with 20-30 m between each. Player A [W] to stand behind the stumps & act as wicketkeeper, player B (Coach) [Bt] to stand nearby with bat to hit the ball, the rest of the players to divide into two even groups and line up behind the cones. Player B (Coach) to hit the ball along the ground between the cones, the first player from each group run to intercept the ball, one to pick up and over arm throw back over the stumps to the wicketkeeper, the other to back up, then to carry on and join the back of the opposite group. Continue the sequence until each player in both groups has had several turns to stop and throw the ball, as well as backing up the fielder.



### Coaching Notes

Move behind the line of the ball. Stay front on. Move in quickly, knees bent, hands low, fingers pointing down. Watch ball into hand. Pick up the ball on the outside of the foot on the throwing arm side of the body. Bring the throwing arm with the ball back, eyes on the target and step onto opposite foot, bring the throwing arm straight through with the wrist firm. Follow through. Batter ground bat & run between wicket & fielder.

## Fielding Skill - Close Fielding

### Objective of Skill

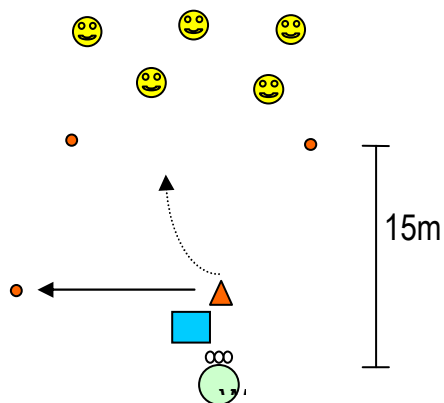
Fielding inside the inner ring.

### Equipment & Assistance Required

Assistance: 1 Parent helper (Practice Assistants) : Assist with fielding Group.  
Equipment : One set of wicket keeper pads, gloves, & box, Set of stumps, 2 cricket, 3 cones and batting tee.

### Skill Outline

Divide players into 2 even teams & decide who is batting & fielding. Set up batting tee with stumps 1.5m behind & a cone at right angles 10m away. Place another 2 cones 10m apart 15m in front of the stumps. One player acts a wicket keeper, the rest spread out behind the 2 cones in front of the stumps. Each batter drives the ball off the tee. If he/she hits it between the cones 1 run is scored & additional runs for running round the cone at right angles. The batter is out if the fields catch the ball or stop the ball & returns it to the wicket keeper before the batter passes the batting tee.



**Variations:** Coach underarm lobs the ball to batter.

### Coaching Notes

Move behind the line of the ball. Kneel down on one knee opposite the throwing arm to form a barrier behind the ball. Cup the hands together, fingers pointing down, touching the ground. Watch the ball into soft hands. Stand and throw the ball in.

## Fielding Skill - Cricket Netball

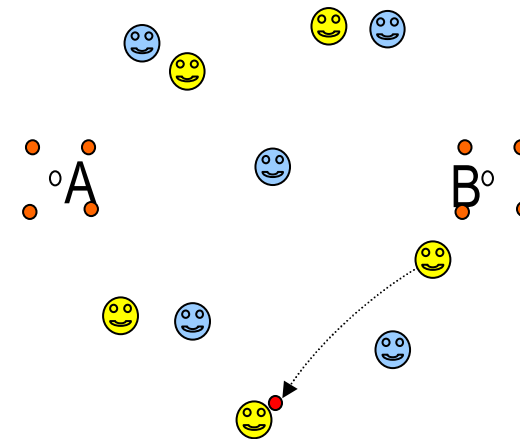
### Objective of Skill

Primarily used as a warm up game.

### Equipment & Assistance Required

Assistance: 1 Parent helper (Practice Assistants) : Assist with fielding Group.  
Equipment : A cricket / tennis ball, 8-10 cones & two Stumps.

Set up two stumps about 25-30m apart with a 3m diameter cone circle around each stump. Divide the players into two teams. The object of the game is to score points by hitting the stamp at each end of the playing area. The area within the cones denotes a neutral zone, no defenders or attackers are allowed inside this area. The ball must be passes in the air or along the ground from player to player. Once the player has the ball he/she cannot run with the ball and must make a pass before moving again. Points are scored every time the wicket is hit by the attacking team.



**Variations :** Play along the ground or in air only. Left and right hand only. If player drops or fumbles the ball they loose possession.

### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Use the correct fielding & throwing (underarm & over arm) techniques during the completion of the drill. Make sure player backing up does not get too close to the stumps.

## Fielding Skill - Mixed Skills

### Objective of Skill

A drill for more advanced players. Combines a number of skills into one drill, covering the underarm throw, backing up, over arm throw and return to the wkeeper.

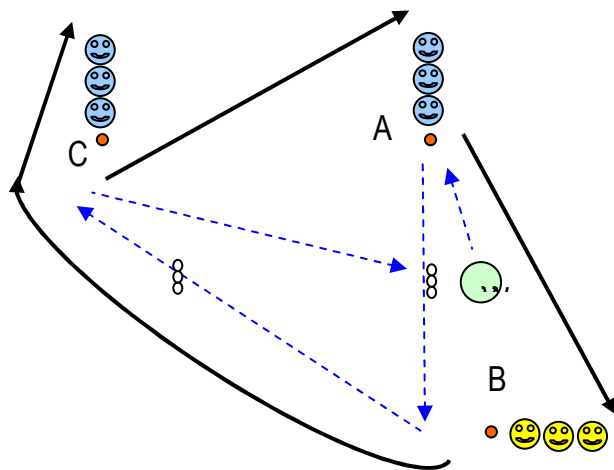
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** One set of wkeeper pads, gloves, inners & box, 2 stumps, 4 cricket and 3 cones.

### Skill Outline

Set up the two sets of stumps a pitch length apart. Place cones at points A & C about 10m from the stumps. Cone C should be positioned about mid off. The wkeeper roles the ball out towards A who move in picks up the ball and throws it underarm at the stumps. At the same time player B move to back up the throw, regardless if player A hits the stumps or not Player B fields the ball & attempts to hit the stumps at the "bowlers end". At the same time player C move to back up the throw, regardless if player B hits the stumps or not player C fields the ball & returns it to the wkeeper. Player A joins the B line, player B to line C & player C joins line A. This is a useful drill for warming up before a game.



### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Use the correct fielding & throwing (underarm & over arm) techniques during the completion of the drill. Make sure player backing up does not get too close to the stumps.

## Fielding Skill - Throwing & Stopping

### Objective of Skill

Throwing accuracy & correct stopping technique

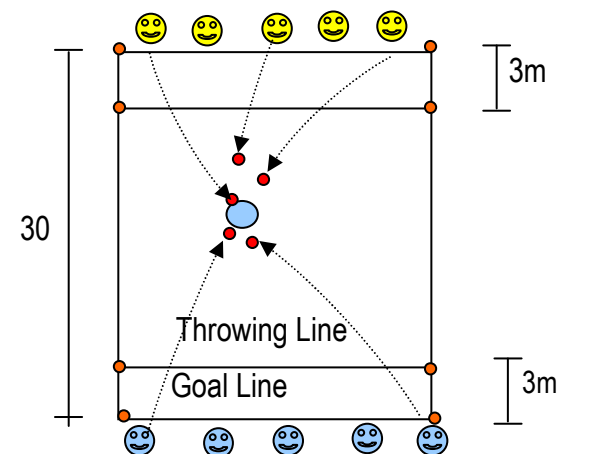
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball per pair, 8 cones and large ball.

### Skill Outline

Use the cones set up rectangle 15x30m, with a goal at each side 3m inside rectangle. Divide into two equal teams. Each team stand at opposite ends facing each other. Players throw the balls over arm from behind the throwing line at the large ball. Players in opposing side stop the balls & return the throw. Balls can be collected but not thrown from inside the rectangle. The aim is to hit the large ball & move it over the opposing teams's goal line. When a goal is scored the large ball is replaced in the centre. Team with most goals is the winner.



### Coaching Notes

Move behind the line of the ball. Kneel down on one knee opposite the throwing arm to form a barrier behind the ball. Cup the hands together, fingers pointing down, touching the ground. Watch the ball into soft hands. Stand and throw the ball in.

## Fielding Skill – Zone Fielding

### Objective of Skill

Fielding inside the inner ring.

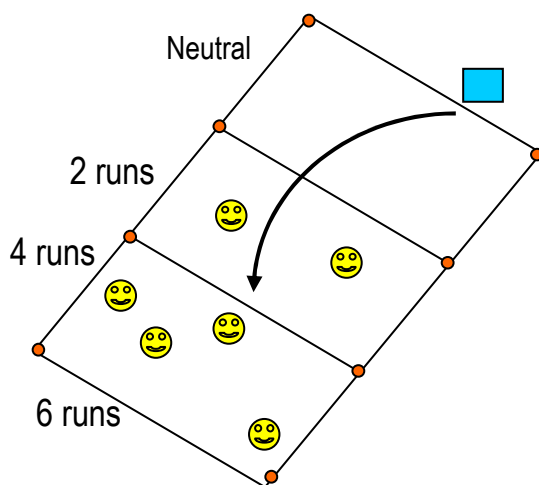
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 2 cricket/tennis balls, 8 cones and batting tee.

### Skill Outline

This is best played with 8-10 players. One player bats, all the others field. The batter drives the stationary ball. Batter does not run but scores when the ball is hit past or into the designated 2,4 or 6 zones. Each player hits a pre-determined number of balls before the next player bats. No fielder is allowed in the neutral zone. The playing area can be marked out using cones. Playing area to be about 5m wide by 12m long with each zone being 4x5m. Batter with the highest number of runs wins.



### Coaching Notes

Move behind the line of the ball. Kneel down on one knee opposite the throwing arm to form a barrier behind the ball. Cup the hands together, fingers pointing down, touching the ground. Watch the ball into soft hands. Stand and throw the ball in.

## Fielding Skill – Cricket Netball

### Objective of Skill

Basic catching and fielding skills.

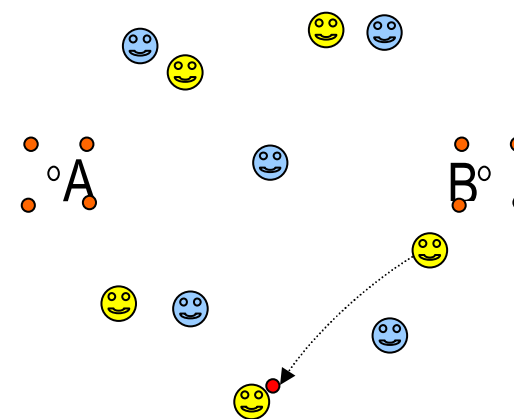
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball, 8-10 cones & two Stumps.

### Skill Outline

Set up two stumps about 25-30m apart with a 3m diameter cone circle around each stump. Divide the players into two teams. The object of the game is to score points by hitting the stamp at each end of the playing area. The area within the cones denotes a neutral zone, no defenders or attackers are allowed inside this area. The ball must be passes in the air or along the ground from player to player. Once the player has the ball he/she cannot run with the ball and must make a pass before moving again. Points are scored every time the wicket is hit by the attacking team.



**Variations :** Play along the ground or in air only. Left and right hand only. If player drops or fumbles the ball they lose possession.

### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Use the correct fielding & throwing (underarm & over arm) techniques during the completion of the drill. Make sure player backing up does not get too close to the stumps.

## Fielding Skill - Throwing & Stopping

### Objective of Skill

Throwing accuracy & correct stopping technique

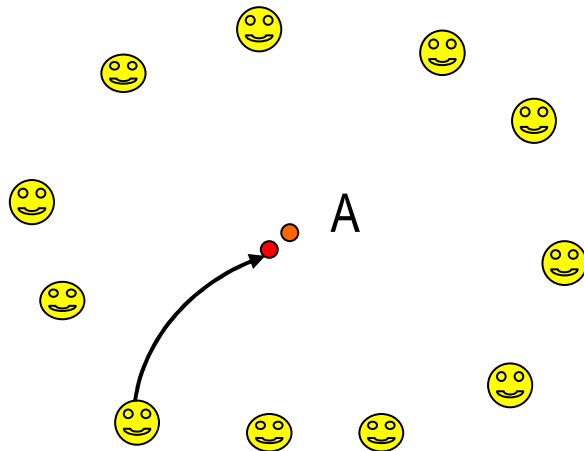
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball per pair & a Stump.

### Skill Outline

Set up stump in a circle 10-15m away. Divide players into pairs. Each player to stand behind the stump facing his/her partner across the circle. Each to throw the ball over arm to each other attempting to hit the stump. Continue throwing for the allotted time counting the number of hits. Variation: Divide into two teams lining up opposite each other 30m apart with the stump in the middle. Using two 2 to 3 balls throw at the stump as above with the team making the most hits wins. All six stumps could be used & the team knocking over the most wins.



### Coaching Notes

Move behind the line of the ball. Kneel down on one knee opposite the throwing arm to form a barrier behind the ball. Cup the hands together, fingers pointing down, touching the ground. Watch the ball into soft hands. Stand and throw the ball in. Use the correct fielding & throwing (underarm & over arm) techniques during the completion of the drill.

## Fielding Skill - Outfield Drill

### Objective of Skill

Basic outfield catching and fielding skills

### Equipment & Assistance Required

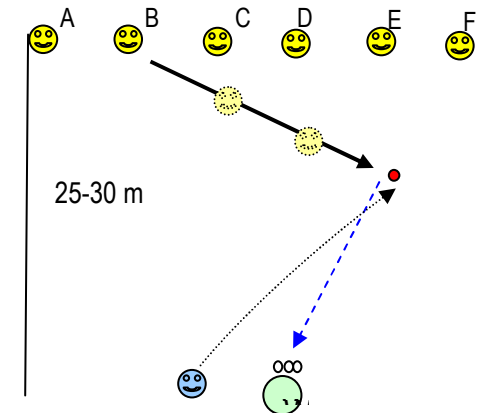
**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 3-4 cricket / tennis balls & one set of stumps.

### Skill Outline

Set up with a set of stumps and the players in a line 25-30m away. The coach calls a name / number and that player moves in and completes the appropriate fielding drill (high catch, ground fielding, etc) & gets the ball in over the stumps to the wkeeper.

**Variations:** Each player completes two or three consecutive drills before returning to the line. The players can stand with their back to the coach and when their name / number are called spin round & complete the appropriate drill. Caution: If using a bat & hardball remember not to hit too hard.



### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Use the correct fielding & throwing (underarm & over arm) techniques during the completion of the drill. Make sure player backing up does not get too close to the stumps.

## Fielding Skill - Cricket Ball Handball

### Objective of Skill

Basic catching and fielding skills

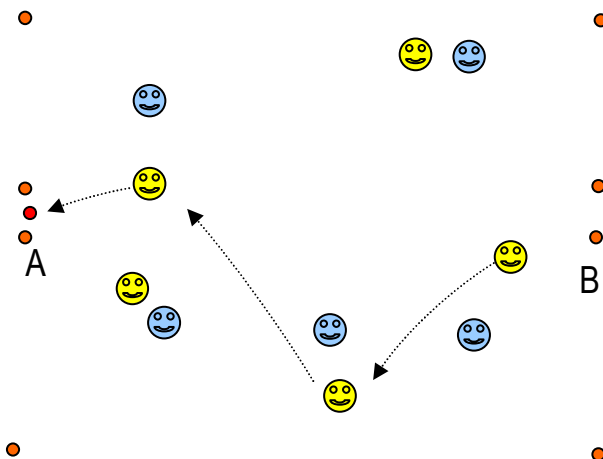
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball & 8-10 cones.

### Skill Outline

Set up two goals about 25-30m apart at each end of a field. Divide the players into two teams. The object of the game is to score points by getting the ball through the goal at each end of the playing area. The ball must be passes in the air or along the ground from player to player. Once the player has the ball he/she cannot run with the ball and must make a pass before moving again. Variations : Play along the ground or in air only. Left and right hand only. If player drops or fumbles the ball they loose possession.



### Coaching Notes

Be alert, move quickly to the ball. On approaching the ball take short steps with knees bent, hands low and ready. Keep the head still, eyes level and focused. Use the correct fielding & throwing (underarm & over arm) techniques during the completion of the drill. Make sure player backing up does not get too close to the stumps.

## Fielding Skill - Throwing

### Objective of Skill

Basic stop and throw

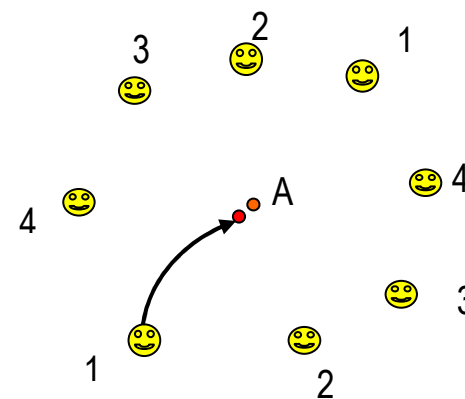
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball per pair & Hat cone or stump

### Skill Outline

Set up the cone / stump with cones placed around in circle 10-15m away Divide players into pairs. Each player to stand behind a cone facing partner across the circle. Each to throw the ball over arm to each other attempting to hit the target. Continue throwing for the allotted time counting the number of hits. The pair with the most hits wins.



### Coaching Notes

Pick up ball with two hands. Gripping across the seam in the throwing hand. Turn side-on & fix eyes on the target. Step forward extending the arms with hand on top of ball. Pull the front elbow down past front hip, drive forward with front leg to rotate the hips & shoulders. Whip the throwing arm led by the elbow from a high position across the body. Release the ball with a powerful wrist flick. Step through to transfer body weight into the throw.

## Fielding Skill - Throwing (Force Back)

### Objective of Skill

Basic stop and throw

### Equipment & Assistance Required

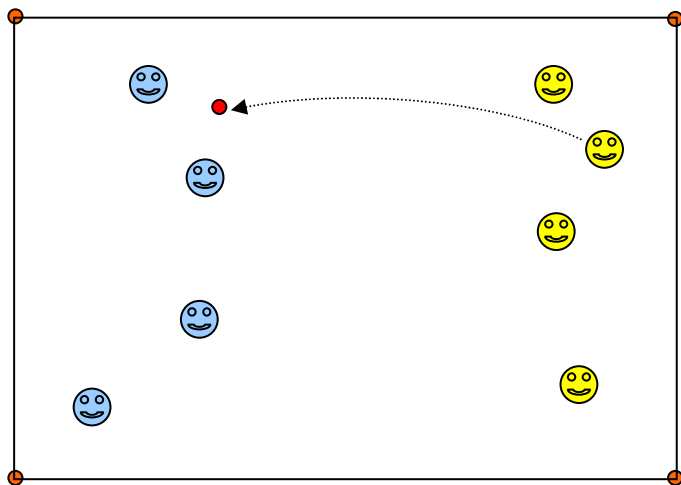
**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A cricket / tennis ball & 4 Cones

### Skill Outline

Set up field 50x20m using the cones. Divide players into two even teams. The object of the game is to throw the ball & force the other team back behind their baseline.

Variations: Play in air only, ground fielding only or mix it up



### Coaching Notes

Pick up ball with two hands. Gripping across the seam in the throwing hand. Turn side-on & fix eyes on the target. Step forward extending the arms with hand on top of ball. Pull the front elbow down past front hip, drive forward with front leg to rotate the hips & shoulders. Whip the throwing arm led by the elbow from a high position across the body. Release the ball with a powerful wrist flick. Step through to transfer body weight into the throw

## Fielding Skill - Fielding (Continuous Cricket)

### Objective of Skill

All basic fielding skills

### Equipment & Assistance Required

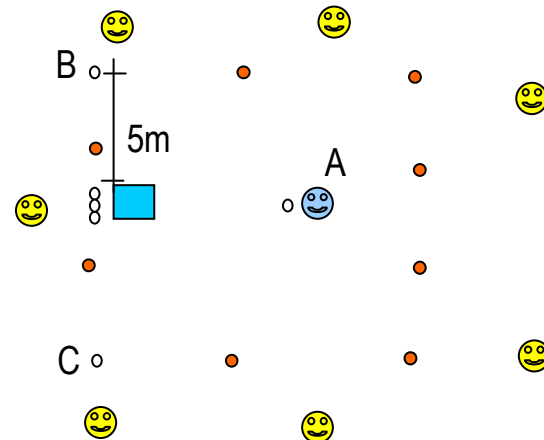
**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** A tennis ball, set of stumps & 8 Cones

### Skill Outline

Set up field with the cones about 5m around the stumps & Bowler A One set of stumps set up as wickets and then one positioned at point b & c with the third at point A. The players are put in fielding positions outside the area marked by the cones.

The bowler A (Coach) lobs the ball underhand to the batsman who plays the ball into the field & has to run either around point B or C & back to his/her crease. The fielders field the ball & return it to the bowler who immediately bowls the next ball. The batsman is out either caught or bowled. The batsman is to see how many runs they can score & the one with the most is the winner.



### Coaching Notes

This is a fun game and should be used as a warm up or such.

# Wicketkeeping Drills

## Fielding Skill – Keeper Movement

### Objective of Skill

Improve the wicketkeepers feet movement & basic catching skills.

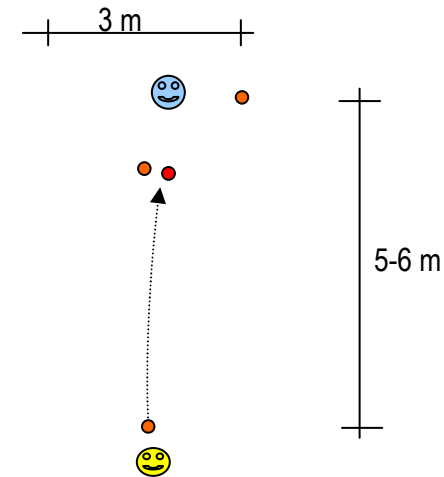
### Equipment & Assistance Required

**Assistance:** 1 Parent helper (Practice Assistants) : Assist with fielding Group.

**Equipment :** 3-4 balls, WKeeping Gloves, pads, etc & 3 Cones

### Skill Outline

Set up two cones about 3m apart and a single cone about 5-6m away. Divide the players into pairs. Player A assumes the wkeeper crouch position. Player B throws the ball on the bounce, player A rises to catch the ball in two hands Player B throws the ball on the bounce, 5 to one side & 5 to the other side, then at random. Player A rises & moves sideways to catch the ball in two hands.



### Coaching Notes

Crouch in a comfortable balanced position, with weight on the balls of the feet just outside off stump. Position the hands together, palms open & facing forward, fingers pointing down, touching the ground. Head still , eyes level & focus on the ball. Stand far enough back to take the ball at waist height. Move quickly to get behind line of the ball by skipping, keeping knees bent & hands low. Rise with the bounce of the ball to take with two hands