







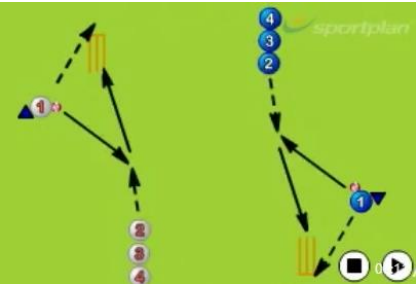




Fielding

Game/Drill	Skills	Equipment	Instructions	QR Code
	<ul style="list-style-type: none"> - Ground fielding - Underarm throwing 	<ul style="list-style-type: none"> - Cones - Balls 	<ul style="list-style-type: none"> - Set up 'gates' with cones opposite each other for players to defend, one player in each gate - Players facing each other take turns at underarming the ball, aiming to get it through their partner's gate - One point is scored each time a ball goes through the gate - Players keep going for a set time aiming to score as many points as possible <p>PROGRESSION - Increase the size of the gate</p> <ul style="list-style-type: none"> - Players look to bounce the ball before it goes through the gate 	
	<ul style="list-style-type: none"> - Short catching - Reactions 	<ul style="list-style-type: none"> - Cones - Balls 	<ul style="list-style-type: none"> - Set up cones in a triangle, one for the thrower and two for the catchers - Split players into groups of three, one thrower and two catchers; the two catchers face away from the thrower - The thrower calls out now and throws the ball up in air for the catches to attempt to catch - After a set number of catches the thrower rotates around with one of the catchers <p>PROGRESSION - Change the distance of the catchers to increase or decrease difficulty</p> <ul style="list-style-type: none"> - Vary throw speed and height 	
	<ul style="list-style-type: none"> - Short catching - Reactions 	<ul style="list-style-type: none"> - Cones - Balls - Bat - Wickets 	<ul style="list-style-type: none"> - Set up two lines of cones approximately 5-meters apart with one cone at one end and one set of wickets at the other end - Players stand on cones opposite each other with one standing at the end on the cone by itself; coach with wicket keeper stand by the wickets - Players throw the ball to the player opposite them who catches it then throws it back - Coach hits a catch to the player standing on the cone at the end who then rolls or throws the ball back to the keeper - Players rotate after the player on the end cone makes two catches <p>PROGRESSION - Players throw ball diagonally to a partner</p> <ul style="list-style-type: none"> - Increase or decrease the distance players are throwing the ball - Players in the two lines catch one-handed with their dominant hand or non-dominant hand 	

 <p>Short catching/ underarm throwing</p>	<ul style="list-style-type: none"> - Short catching - Ground fielding - Underarm throwing - Overarm throwing 	<ul style="list-style-type: none"> - Cones - Balls - Wickets 	<ul style="list-style-type: none"> - Place a set of wickets down with a cone approximately 10 meters away (2 or 3 set up dependent on numbers) - Have one player standing behind the wickets and the rest behind the cone - Player behind wickets will throw an underarm catch or a ball rolling along the ground - First player behind the cone will either take a catch or attack the ball and underarm throw it into the player behind the wickets, then goes to the back of the line, repeat until everyone has had a turn then switch the player behind the wickets around - Have a race between the teams to see who can get through the fastest <p>PROGRESSION - Increase or decrease distance between wicket and cone to test accuracy and speed</p> <ul style="list-style-type: none"> - Take cone back another 10 meters and make the throw an overarm throw 	
	<ul style="list-style-type: none"> - Ground fielding - Moving to the wickets 	<ul style="list-style-type: none"> - Cones - Balls - Wickets 	<ul style="list-style-type: none"> - Set up wickets, a cone 5-10 meters opposite and a starting cone to the side of the wickets (if larger numbers set up another beside) - One player starts off with the ball on the cone to the side with the rest of the players on the far cone - The player with the ball rolls it towards the player on the cone then goes behind the wickets to receive a throw - The player who just threw the ball then goes onto the cone to roll the ball out, while the player who started it off goes to the back of the line - Have a race to see who can get through the team the fastest or how many times they can get through in a set time <p>PROGRESSION - Get the thrower to have an overarm shot at the wickets and the roller to run back behind the wickets to back-up</p>	
 <p>TRAINING WITH PURPOSE WICKETKEEPING</p>	<ul style="list-style-type: none"> - Wicketkeeping 	<ul style="list-style-type: none"> - Cones - Balls (cricket and golf) 	<ul style="list-style-type: none"> - Set up three cones in a triangle, with the coach or a thrower standing a few meters back - The wicket keeper works their way around the triangle taking catches throughout - Bring in a points system to add an extra challenge with your wicket keepers - Use a golf ball and bounce it off a wall to get your keeper working on watching the ball and getting into position - Use a points system to keep the activity challenging, how many bounce catches in 1 minute or how many without a fumble 	