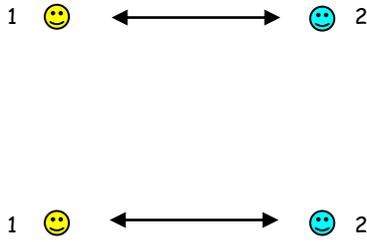
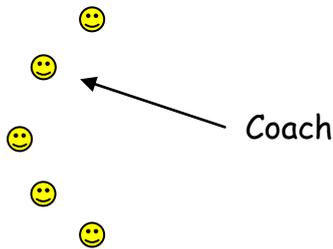


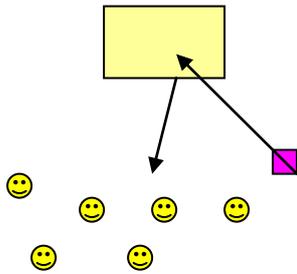
Close Catching Drills Two



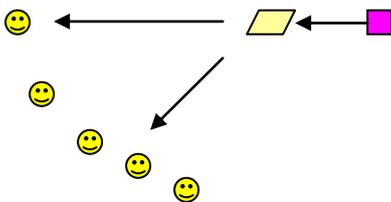
Player 1 is 2M to 3M from player 2. Player 1 faces away from player 2. Player 2 has the ball and as he throws it, underarm, towards player 1 he calls player 1's name, who turns around and catches the ball before throwing it back to player 2. Player 1 turns away again and the drill is repeated. 10 catches then swap over or time the drill. Make the drill more difficult using one hand/non dominant hand or player 2 throwing two different coloured/types of ball and player 1 having to catch the nominated ball. Player 1 could also not turn away from player 2 but shut his/her eyes until player 2 says open/now. As a progression Player 2 could use a tennis racket to hit a tennis/slaz ball and then a cricket bat could be used to hit a cricket ball. The distance between players should ideally be increased.



The coach has a tennis racket and two tennis/slaz balls. He hits underarm catches to the players, not in any order, who stand in front of him about 5M to 8M distant in the semi circle (max 5 or 6 players). The players adopt a close catching/slips posture. On catching the ball they throw it back to the coach. If the ground is good it can be bounced to the coach who can then hit it on the half volley. If the coach and players are up to it then the second ball can be introduced but the players must throw the ball back properly and at the correct time. The coach can vary how hard he hits the tennis/slaz ball but should be aware of the players' ability and the distance between the players and him.



If you have the use of a Kannon set it up to shot slaz balls every 5 secs at a Crazy Catch , with the Crazy Catch set at the right angle to direct low catches back to a line of players, positioned sufficiently distance from the Kannon and Crazy Catch. The players swap around every time the machine runs out of balls or say every 10 catches. You may have one or two players behind the first line of players catching too. Increase the difficulty by positioning the players safely closer to the Crazy Catch and/or increasing the frequency of the balls from the Kannon or using the Insane side of the Crazy Catch.



Set the Kannon up to fire slaz balls every 5 secs. The coach stands with a fielding bat/cricket bat or adapted piece of suitable wood with handles to hold it by, at a safe distance, and deflects the balls at the players, who in the slip catching posture stand sufficiently distant from the Kannon to make the catching realistic and challenging.. The coach alters the angle, height and speed of the catches by getting closer to or further away from the Kannon and by using the bat/piece of adapted wood he is holding. Players change catching positions every 15 catches or when the Kannon has run out of balls. This is a variation of the age old slip catching drill with a player throwing a cricket ball at the coach who uses a cricket bat to deflect the ball to players waiting to catch it in a slip cordon.