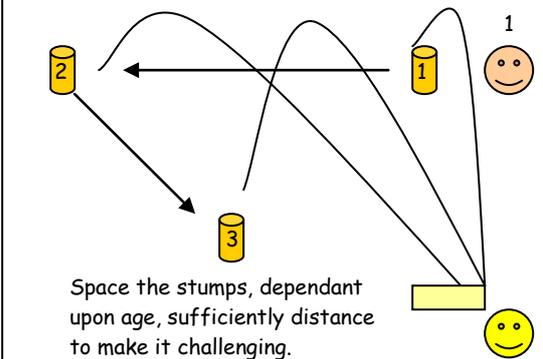
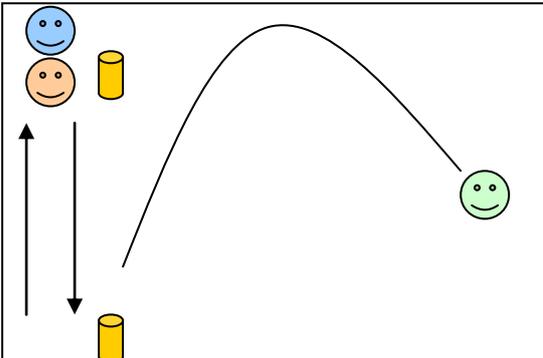


High Catching Drills 2

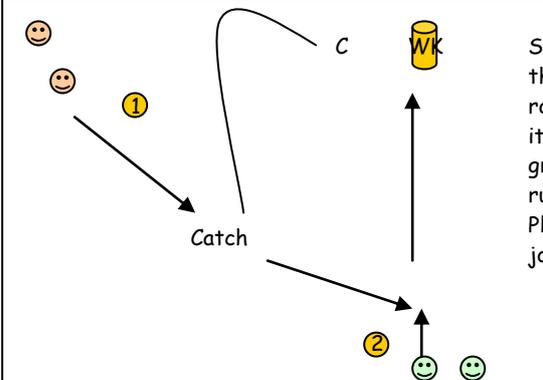


Space the stumps, dependant upon age, sufficiently distance to make it challenging.

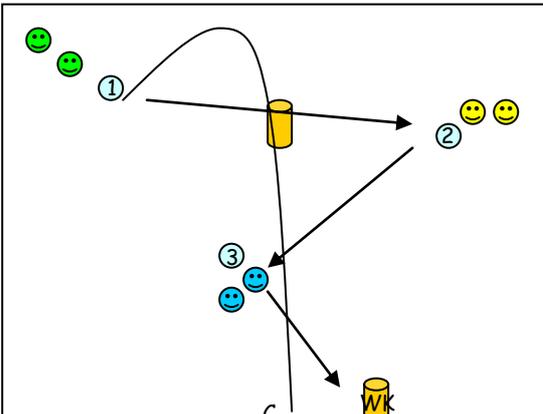
The Coach hits a high catch using a fielding bat and cricket ball for Player 1 to catch at stump 1. Player 1 catches it and returns it to the Coach or a keeper who stands near the Coach. Player 1 then runs onto stump 2 and the Coach hits Player 1 another high catch. Player 1 catches it and throws it back to the Coach/Keeper. Player 1 runs onto stump 3 and the Coach hits him another high catch and Player 1 catches it and throws it back to the Coach/keeper. Player 1 then jogs back to where he started. Player 2 replaces Player 1 and the drill continues.



Players line up behind each other by a cone or stump. Player 1 starts to run towards another cone/stump (about 15 to 20M apart) and the Coach hits a high catch, which Player 1 runs onto and catches. Player 1 then throws the ball back to the Coach or a keeper standing close to the Coach. Player 1 then goes around the cone/stump and runs back towards where he started and the Coach hits Player 1 another high catch. Player 1 catches it and throws it back to the Coach and runs on and joins the back of the line. Player 2 then replaces Player 1 and the drill continues.



Space cones sufficiently apart. Player 1 runs towards cone 2 and the Coach (C) hits Player 1 a high catch. Player 1 catches it and rolls the ball out in front of cone 2 and Player 2 runs onto it picks it up and throws it (underarm or over arm dependant upon the age group and spacing distance) back to the Keeper (WK). Player 1 runs on and joins the line behind where Player 2 started and Player 2 runs around the back of the Keeper and jogs through and joins the line behind where Player 1 started. The drill continues.



The Coach hits a high catch towards cone 1. Player 1 catches it and throws at a stump between cone 1 and cone 2. Player 2 backs up picks the ball up and throw it to Player 3 at cone 3 who returns it to the Keeper. After catching or throwing the Players rotate clockwise and the drill continues. The distance will depend upon the age of the Players Make sure you space the cones sufficiently distant to make it challenging. The distance form the Coach to cone 1 ought to be about 35-50M or even further if the Players are older. Cones 1 and 2 ought to be about 20-40 M apart.