

## Skimmed Catching Drills 1

These drills are suitable for practice for fielding at point or in the ring, on the off or leg. They will help the Players' hand eye co ordination as well as their concentration and catching ability. Make sure that the Player is sufficient distant from the tennis racket, bat or thrower. Get them to walk in and assume a still "Ready or Goal keeping position", with a low centre of gravity, just as the ball is hit or thrown, so that they are balanced and ready to take the catch or even, if necessary, dive left or right.

Player 1



Player 2



Pair the Players off and get them to stand facing each other about 6-7M apart. Player 1 adopts the goal keeping/ready position. Player 2 has a tennis ball and throws it over arm at Player 1 at about head height. Player 1 catches it, probably reverse hands style, Aussi style, making sure he/she takes his/her head out of the way and returns it to Player 2. One minute or ten catches, then the Players change over. Introduce competition such as each time a Player drops a catch they start from 1 again. Use different types and colours of ball.



As above except Player 2 or the Coach has a tennis racket and hits a catch using a tennis ball or slaz ball. The distance between Players may need to be slightly greater. To progress Player 2 can then change to a cricket or fielding bat and hit cricket balls. Players could line up behind each other and once they have taken the catch and thrown the ball back they then join the back of the line of Players waiting.

Crash mat



Stump/Keeper

As above except this time Player 2 or the Coach throws/hits the ball at Player 1 and to either side to get player 1 used to diving and catching. Start with throwing and then use a tennis racket and then throw a hard ball and then hit the hard ball to make it more realistic and demanding. Players could line up behind Player one and take turns throwing the ball back to Player 2 or the Coach. You could introduce a wicket keeper who they throw the ball to or a flexi stump they throw at, once they have caught the ball, rolled over and got up. A Player/Keeper would have to back up the stump.