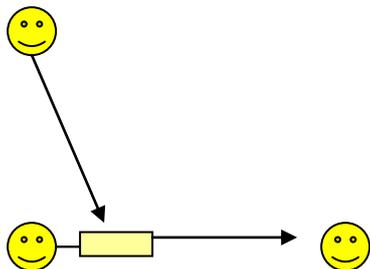## Skimmed Catching Drills 2

To make a realistic drill Player 1, who needs a good strong accurate throw or a Coach, throws a cricket ball at Player 2, at just below shoulder height. Player 2 hits the ball, using a horizontal bat, at Player 3, trying to hit the ball at chest/face height. Player 1 stands sufficiently distance from Player 2 to enable Player 2 to be able to see and react safely, say 7M or so and Player 3 stands about 7-10M square of Player 2. Player 3 should walk in and be stationary in the Ready/Goalkeeping position as Player 2 hits the ball. Other Players could line up behind Player 3 to take their turn.

Kannon

Cone
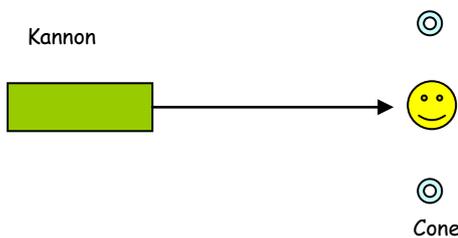
Using a Kannon (set for every 5 secs), fire slaz balls at about chest/head height at Player 1. Player 1 should be sufficient distance to make it safe. Player 1 should walk in and get into the Ready/Goalkeeping position as the ball is fired. Player 1 rolls the ball back after catching it throws it to the Coach or at a stump. Other Players line up behind Player 1 and take their turn. The closer Player 1 stands, the harder and quicker the ball is fired the more challenging- but make sure it is safe.

Keeper

BM
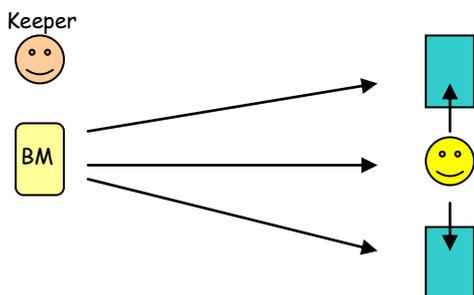
This time use a Bowling Machine, on shorten legs, if you have them to fire balls, as above, at Player 1. Player 1 stands sufficiently distance from the Bowling Machine for it to be safe. Other Players can line up behind Player 1 to take their turn. Player 1 throws the ball back to the Keeper/Coach to gives it to the Bowling Machine feeder. Make it more challenging by getting Player 1 to dive onto the Crash Mats placed either side after catching the ball, then getting up quickly and throwing to the keeper.
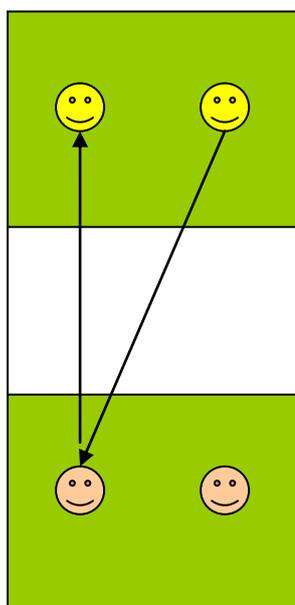
Set out a Court area, about the size of Badminton Court (you may need to experiment to get the optimum size), or use a Badminton Court if available. Cone off a zone as shown that no one can go in. Sort out Teams maximum three per Team. Players stand facing each other and throw the tennis/slaz ball at each other over arm at head/chest height. Teams score as per a game of Tennis when they drop a catch or the ball lands in the zone they are standing in (green zone shown). If the thrown ball lands outside the green zone without being touched or in the white zone between the two green zones it is out and the Team who did not throw it scores a point. If you have a number of Teams have competition winners playing winners and losers playing losers etc. Each match should last 2-5 mins max. The same game can be used for close catching as well, when the ball is thrown underarm and the Court size can be smaller, or just use more Players in the green zone.