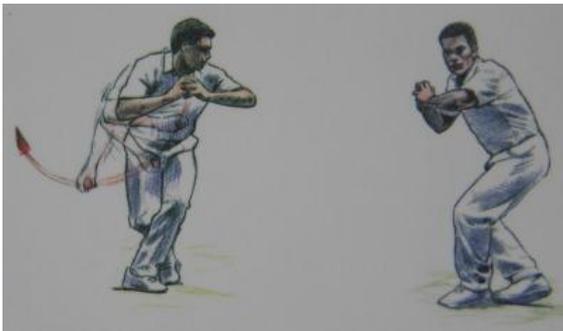


## Two Handed Pick Up, Crow Hop and Throw Drills.



These drills are for players fielding in the ring, just beyond or in the deep. Make sure the players approach the ball correctly, balanced, getting onto the line of the ball quickly, getting low early, picking up the ball inside their left foot (if right handed) with their right foot behind as a secondary means of stopping the ball. The wider the base, as you pick the ball up, the lower you can get, particularly if you are older. The player picks the ball up, and as he/she takes the ball back makes sure the ball is held across the seam (to stop it swinging in the air when thrown). Make sure the throwing arm elbow is at or above shoulder height as the throwing arm is brought forward as the base is established. Keep sideways on by bringing your non-throwing arm hand back towards your face. Step through towards the target making sure you have taken "Dead Aim" and as the base is established bring the throwing arm through. Don't forget SAFETY.

Initially to introduce the drill split the players into pairs space them 20-25M apart and get one to roll the ball out to the other to practice the skill. Make sure the player throwing bounces the ball back to the server for safety. Progress the skill's development by setting up teams, side by side, with a coach or keeper behind a stump as shown. The C/K rolls the ball out and Player 1 runs in and picks up and bounces back to the C/K. Player 1 joins the back of his group. Introduce competition by having more than one group and every one goes once, twice etc with the first Team sitting down the winners. Use different balls, including golf balls, and reaction balls (don't get the Players to bounce that back to the C/K!).

Set the drill up as shown. It is best if you have a Coach with a baseball mit at each stump or a Coach and a keeper. The Coach 1 rolls the ball (with pace) out towards Player 1 who runs in picks up takes aim and throws back to Coach/Keeper 1. Player 1 then runs through and joins the back of player 2 group. Coach 2 rolls a ball out (make sure you get the timing right) towards Player 2, who picks up and throws back to Coach/Keeper 2 and then runs through to the back of group 1. If a Players' throw is poor don't accept it. If they miss the Coach/keeper then they fetch the ball! Use different balls. Make sure they bounce the ball into the Coach/Keeper, other than the reaction balls. You will need more than one ball for each Coach/Keeper to use!

Split the players up into 4 groups as shown. Player 1 starts with a ball and rolls it out for Player 2 to run in pick up and throw at the flexi stump in the middle. Player 3 backs up and rolls across in front of Player 4 who runs in and picks up and throws at the flexi stumps and the drill progresses. Players rotate in an anti clockwise direction after throwing/backing up/rolling the ball for the next player. Again use different types and sizes of ball. Don't accept poor performance. Make sure players take "Dead Aim" that split second to look at a point on the flexi stump before throwing. Praise hits. Set them a target of a number of hits before the drill stops.

The Coach hits a ball or if you have a Kannon or a bowling machine get it to five balls out (every 5 secs for the Kannon) and the Players lined up between two cones attack the ball and throw it back to the Keeper behind a stump, set up to the side of the Coach. Players go to the back of the group after throwing. Make sure they bounce the ball in. Have more than one fielding group at different stations, (if using a Kannon use the oscillation made to set the position of say the two groups).