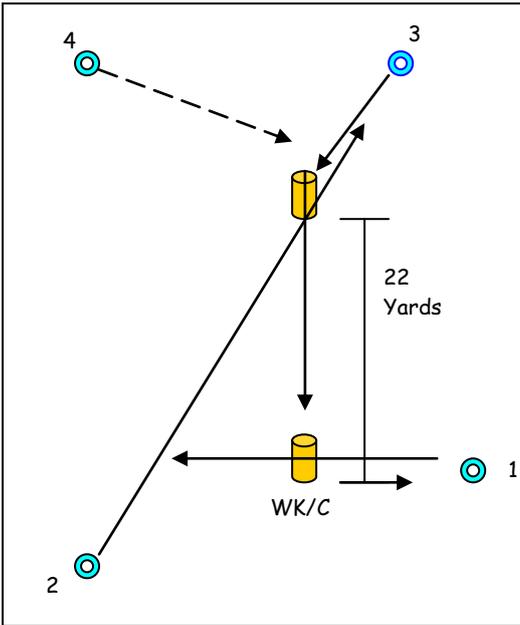
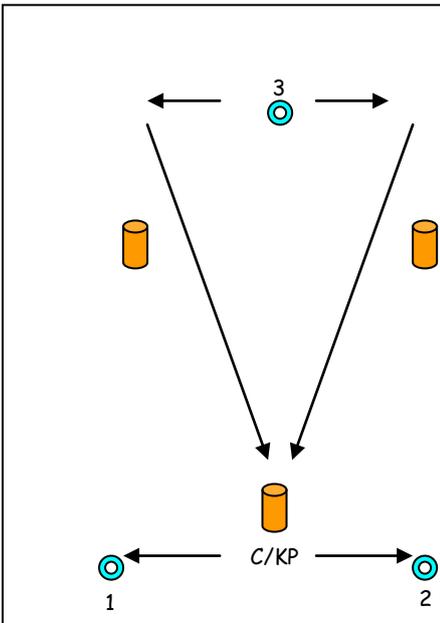


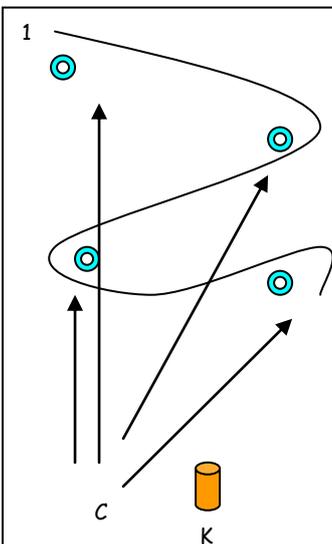
## Two Handed Pick Up, Crow Hop and Throw Drills 2.



Set flexi stumps up 22 yards apart. Coach/Keeper stands behind one end with a ball. Position 4 groups of players as 1, 2, 3 and 4, lined up behind each other. Dependent upon if you are outside or in and the age and ability of the players, then the distance the groups are positioned from the stumps can or will vary. The Coach/Keeper rolls a ball out towards player 1 who runs in and picks up and underarms the ball at the stump in front of the Coach/Keeper. Player 2 backs up, picks up and throws (two handed pick up and crow hop/throw) at the 2<sup>nd</sup> stump. Player 3 backs up and throws the ball to player 4 who has run in from his position to the stump. Player 4 catches the ball and throws it back to the Coach/Keeper. After throwing the players rotate anti clockwise. You should be able to introduce a 2<sup>nd</sup> ball once the players have got used to the drill, after player 3 has released his throw to player 4 at the 2<sup>nd</sup> stump. You can use different types of ball, including reaction balls, golf balls and the like to make it more challenging but don't forget to go back to a cricket or incrediball afterwards. You could incorporate SAQ by getting players to run through ladders over hurdles as they jog between station/groups. Have two teams and have a competition with the number of stump hits etc.



Set 3 sets of flexi stumps up as shown. Split the players into 3 groups. The Coach/Keeper rolls a ball out to either player 1 or 2 who picks up (two handed pick up crow hop and throw) and throws at the stump in front of him. Player 3, who is positioned between the stumps being thrown at, runs to the appropriate side and backs up, gathers the ball and throws it (two handed pick up crow hop and throw) back to the Coach/Keeper. Players can rotate although it may be better if they got to the back of the group they are in and wait their next turn. If you take this option then rotate the groups after everybody has been say twice. The distance the players have to throw will depend upon if you are inside or out and the players' age and ability. Increase the difficulty by increasing the throwing distance and encourage them to bounce the ball back to the Coach/Keeper. Use different types of ball. Introduce a competitive element.



Set up say 4 cones, or more as shown. Players line up behind the furthest cone. The Coach hits or throws a ball out towards the first cone and player 1 runs in and throws the ball (two handed pick up crow hop and throw) back to the keeper, who rolls the ball to the Coach. Player 1 runs on towards and around the second cone towards which the Coach has hit/rolled another ball and player 1 picks up and throws it back to the Keeper who rolls the ball to the Coach. Player 1 runs onto towards and around the next cone and the Coach hits/rolls another ball towards that cone and player 1 picks it up and throws it back to the keeper etc. Again use your judgement as to the correct distances dependent upon if you are inside or out and the age and ability of the players. Don't have too many cones or else the players will get bored waiting. Make sure they bounce the ball back to the Keeper. If you have sufficient numbers and Coaches (use players) then have two groups or more and have a competition. Once more use different types of ball. You can also use this drill for the underarm pick up and throw.