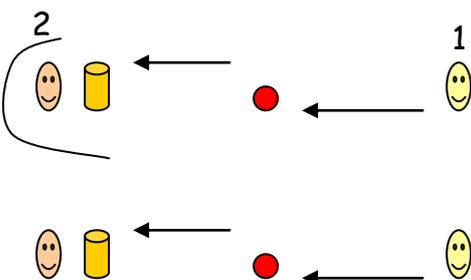


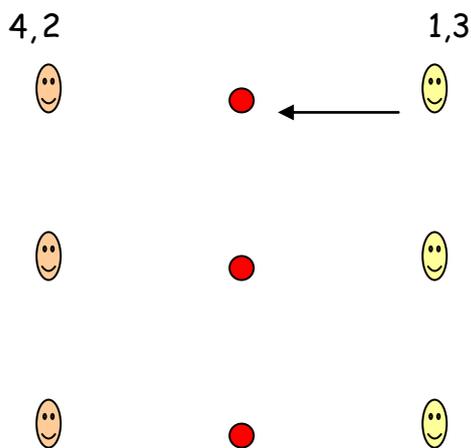
One hand underarm pick up and throw drills



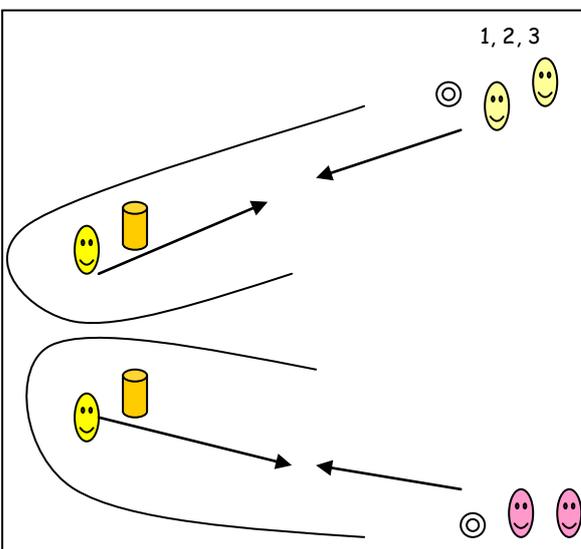
Make sure the players approach the ball correctly, balanced, getting onto the line of the ball quickly, getting low early, picking up the ball outside the right foot, (if right handed), and release the ball early with the arm and head going towards the target/stumps/keeper, keeping low all the time and not coming up too early



Player 1 lines 20 to 25M in front of a stump. Player 2 stands behind the stump and acts as the keeper. Place a ball about half way between Player 1 and the stump. Player 1 runs in picks up and throws the ball to player 2. Player 1 continues and replaces Player 2. Player 2 jogs out and puts the ball back down and Player 3, who was lined up behind Player 1, goes on Player 2 putting the ball down on the ground. Once the Players have mastered the drill have two or more teams and introduce competition.



1,2 Player 1 and 2 line up about 20M apart. Put a ball about half way between them. Player 1 runs in picks up and throws the ball to Player 2. Player 1 then joins the line of Players behind Player 2. Player 2 jogs out and puts the ball back down and Player 3 who was lined up behind Player 1 goes. Player 2 jogs through and joins the line behind Player 3. The drill continues. Introduce competition. Instead of putting the ball down in the middle Player 2 could start with the ball and roll it out for Player 1 who runs in and throws it to Player 4 who was lined up behind Player 2. Player 1 runs through and joins the line of Players behind Player 2 and Player 2 runs through and joins the line of Players behind Player 1.



1, 2, 3 The Coach stands behind a stump (optional stump) and Players line up behind each other 20M (sufficient distance for their age) The Coach rolls a ball out and Player 1 runs in picks it up and throws it underarm back to the Coach. Player 1 runs through and around to the left of the Coach/stump and jogs back and joins the back of the line of the Players. Player 2 goes as soon as the Coach is ready and the drill proceeds. Have two groups and introduce competition. The Players run up the middle between the two Coaches/Players catching/rolling the balls out and jog around and join the back of the line of Players.