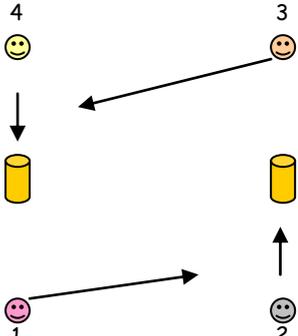
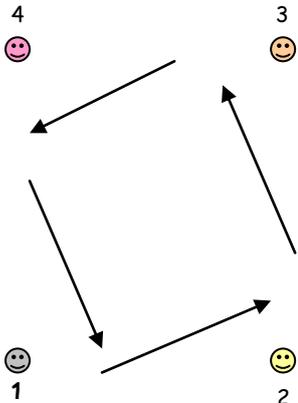


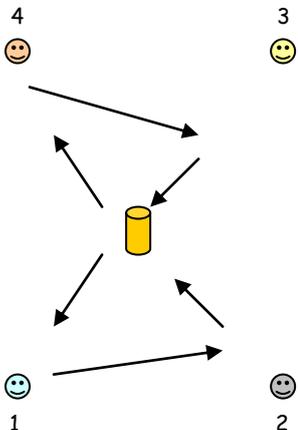
Underarm pickup and throw 2



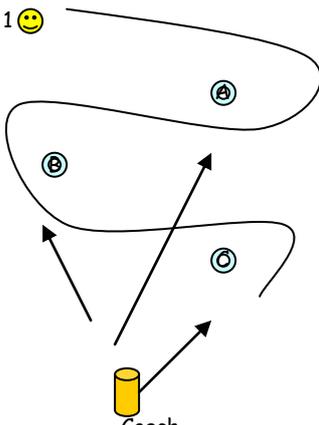
Divide the Players up into 4 groups and get them to line up behind Players 1, 2, 3, 4. Place two flexi stumps as shown; each group should line up about 20M from the stump in front of them. Player 1 starts with a ball and rolls it out in front of Player 2, who runs onto it, picks it up and underarm throws it at the stump. Player 3 backs up, picks the ball up and rolls it across in front of Player 4, who backs up, picks it up and throws it at the stump. Players run through (follow the ball) anti clockwise and join the line of next Players and the drill continues. If you can introduce two balls and if you have them reaction balls and then go back to the cricket/tennis ball afterwards. Use left and right hands. Good warm up drill



Divide the Players into 4 groups and set them up as shown, put down cones if necessary so they know where to stand. The distance between the groups will depend upon age but should be somewhere between 15 and 22M say. Player 1 starts with a ball and starts to run towards Player 2. Player 2 then starts to run and Player 1 rolls the ball out in front of Player 2 who picks up one handed and then rolls the ball, underarm out for Player 3, who should have started to run to anticipate picking up the ball and rolling it out for Player 4, who should have anticipated picking up the ball and rolling it out for the Player after Player 1. Players follow the ball (run through anti clockwise) and join the next group and the drill proceeds. Introduce two balls and get the Players to reverse the drill, that is change directions and go the opposite way around. Again a good warm up drill and you can introduce the underarm catch instead of rolling the ball and then mix the two activities. Use left and right hands.



Set the groups up as in the above drill and place a flexi stump in the middle of them. Player 1 starts with the ball and rolls it out just in front of player 2 who picks it up and underarm throws it at the stump. Player 4 backs up and rolls it out for player 3 to pick up and throw at the stump. The Player after Player 1 backs up and rolls it out... Players run through, (anti clockwise) and join the back of the line of the next group of Players and the drill proceeds. Again introduce two balls, different types of ball etc to make it more challenging. Increase the distance(s). Get them to use their right and left hands (dominant and non dominant hands)



Players line up behind Player 1. The Coach or a Keeper rolls a ball out towards cone A and Player 1 runs in around Cone A picks it up and underarm throws the ball back to the Coach/keeper. The Coach/Keeper just before Player 1 picks up the first ball rolls another ball out towards Cone B and Player 1 runs on and around Cone B to pick the second ball up and throw it underarm back to the Coach/Keeper, who just before Player 1 picks up the second ball has rolled the first ball out towards Cone C for Player 1 to continue around Cone c to pick up and throwback to him/her. Player 1 runs on after throwing the ball behind the Coach/Keeper and runs around and joins the back of the line of Players waiting their turn. Set u two or more groups and introduce competition. Use different coloured balls, vary the distance between Cones, get the Players to use their left and right hands (dominant and non dominant).