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# Fielding Drills

Specific Outcome	Area of Game	Name of Activity	Explanation/Diagram
Close to wicket catching	Skill / Technique	Jamie Siddons catching drills	<p>With a partner 5 metres away, throw the ball directly to each other. Emphasise:</p> <ul style="list-style-type: none"><li>- Feet shoulder width apart, hands together below knees, open hands to form large catching area, feet pointed straight ahead, weight on balls of feet, hands reaching out as far as possible to receive ball.</li><li>• Decelerate ball – try to slow it down</li><li>• Take the catching hand(s) back in the same arc that the ball is travelling.</li><li>• Watch ball carefully.</li><li>• Remember to throw firm flat throws that are accurate between knee and thigh high.</li><li>• Both partners should throw the ball with their right arm to create ease in catching in right hands.</li><li>• Then do it with left hand to left hand.</li></ul>
Catching balls to the side without diving – slips style catches	Skill / Technique	Catching balls to side drill	<p>With a partner 7 metres apart, throw the ball to each other so that it is two metres to the side. First of all, indicate which side it will be thrown so that it is predictable.</p> <p>The aim of this drill is to move across to the ball and get the hands to take the ball along the same arc as the ball is travelling.</p> <p>To do this, as the ball comes to your side, move the opposite foot so that your weight moves towards the side where the ball is to be caught and let that foot come around.</p>



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			<p>It feels as if the ball is being caught back behind you. As you get better at it get your partner to throw them wider.</p>
<p><b>Ground fielding in a variety of situations</b></p>	<p><b>Skill / Technique</b></p>	<p><b>Five Ball Drill</b></p>	<p>One person feeds/catches whilst the other person fields. The feeder begins behind a stump with five balls and the fielder begins 30 metres away directly in front.</p> <ol style="list-style-type: none"><li>1) Throw the first ball straight at the fielder who runs in and returns it overarm with a crow hop method.</li><li>2) Throw the second ball to their left so they have to run around it and return it overarm</li><li>3) Throw the third ball to their right so they have to pick it up and return it throwing across their body</li><li>4) Throw the fourth ball past them so they have to retrieve it running away from you</li><li>5) Throw the fifth ball about 15 metres in front of you so that they run in towards you and the ball and underarm it back to you.</li></ol> <p>Swap around.</p>



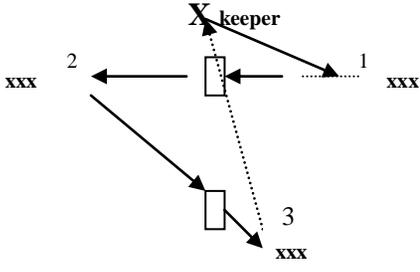
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<p><b>Ground Fielding in a group situation</b></p>	<p><b>Skill / Technique / Teamwork</b></p>	<p><b>Triangle drill</b></p>	<div style="display: flex; align-items: center;">  <div style="border: 1px solid black; padding: 5px; margin-left: 10px;"> <p>Diagram</p> <p>Keeper rolls ball to 1              1 throws at stumps              ball collected by 2 who              throws at stumps              Ball collected by 3 who              returns to keeper              Process begins again              Fielders progress to next              group</p> </div> </div>
<p><b>Ground-fielding balls outside the line of your body</b></p>	<p><b>Technique / Skill / Fitness</b></p>	<p><b>Circle drill</b></p>	<p><b>In pairs (or groups of up to 4).</b>  <b>The feeder needs five balls and gets the fielder to start 25 metres away.</b>  <b>The aim is to get the fielder to run around in a full circle around the feeder whilst fielding balls and returning them to the feeder. Try to keep the fielder running flat out by throwing balls just in front of them. As they return one, get the next ball out to keep them under pressure. Right hand fielders run the circle anti-clockwise.</b>  <b>When they have completed the circle, get the fielder to come in half distance eg. 10 metres and go clockwise so that they have to take the ball in two hands but back flip the ball back to the feeder until they complete the inner circle.</b>  <b>The aim of the exercise is to get around the two circles with no mistakes. Swap over.</b></p>



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# Fielding Drills

<p><b>To perform ground-fielding under pressure</b></p>	<p><b>Skill / Technique / Game simulation</b></p>	<p><b>Runout Game</b></p>	<div data-bbox="1220 399 1640 781" data-label="Text"> <p><b>Diagram</b>          The keeper rolls the ball out to the 1<sup>st</sup> fielder (1).          The fielder picks up the ball and throws it at the stumps by the keeper.          As this happens the batsman(2) runs with their bat down towards the stumps (3) to try and make their ground into the crease.          The aim is for the fielders to get a run out and the batsman to make their crease.          Ensure batsman run wide of stumps.          The process begins with the next fielders and batsman.          After all fielders and batsman go through get them to swap roles &amp; see which team</p> </div> <div data-bbox="1713 367 1892 797" data-label="Diagram"> </div>
<p><b>Slips catching</b></p>	<p><b>Skill / Technique</b></p>	<p><b>Snicks drill</b></p>	<p><b>This drill requires 4-6 players depending on whether the drill is performed underarm over shorter distances or overarm over longer distances. Either way you will need a thrower, a batsman, a keeper and at least two fielders.</b></p> <div data-bbox="1209 987 1612 1409" data-label="Text"> <p><b>Diagram</b>          The thrower propels the ball to the batsman who snicks the ball to the fielders.          If it is missed or a small edge this ball will go through to the keeper.          If doing the drill overarm the keeper should be 10 metres from the batsman with the fielders 12 metres from the batsman.          If doing the drill underarm the keeper should be 6 metres from the batsman with the fielders 5 metres from the batsman.          There should be a straight line between 1<sup>st</sup> slip and gully.</p> </div> <div data-bbox="1633 987 1850 1511" data-label="Diagram"> </div>



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# Fielding Drills

			<p>To create added pressure, have a high end and a low end. The high end is first-slip and the low end is gully. If you drop one you go down to gully and everyone moves up one. For a good catch you might let the fielder go up one but it has to be a blinder.</p>
<b>Close catching with soft hands</b>	<b>Technique / Skill</b>	<b>Tennis ball catching drill</b>	<p>Over distances between 8-15 metres, a hitter with the tennis racquet hits tennis balls at a single fielder. Trying to catch the ball with soft hands is a real challenge.</p> <p>If you want to get really competitive, place cones approximately 4 metres apart that the catcher needs to protect as goals.</p>
<b>Throwing accuracy at a single stump</b>	<b>Technique / Skill</b>	<b>Single Stump</b>	<p>In pairs 40 metres apart, place a single stump in the middle. This means each individual is 20m from the stump.</p> <p>Throw a ball at the stump and see who is the first person to reach three, four or five hits.</p>
<b>Reflex Catching – short leg</b>	<b>Skill / Technique</b>	<b>Short leg drill</b>	<p>In a group of 4 set yourself up in a diamond formation about 5 metres apart on the long part and four metres across on the shorter part.</p> <p>The two throwers that throw balls to each other will be on the long distance.</p> <p>Each of them will have a ball that they will throw to each other simultaneously so that they cross paths in mid-air. The aim of this exercise is for the balls to hit, and then deviate for the other two fielders to catch.</p> <p>The throwers should try to get the two balls moving</p>





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# Fielding Drills

<p><b>Agility when ground fielding</b></p>	<p><b>Fitness / Skill / Technique</b></p>	<p><b>Agility Drill</b></p>	<div data-bbox="1545 386 1927 976" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Diagram</p> <p>X1 is the fielder who walks between the first set of cones to the second set of cones and does a set step. As this is happening X2 rolls the ball out to either of the wider cones which X1 has to get to the ball and return it to feeder asap. The aim is to increase the speed and agility of this drill and jog back to the beginning of the drill. Ensure the timing of the set step and release of the ball with the feeder coincide. X1 should not know which side the ball will be thrown.</p> </div>
<p><b>Relex Short Catching</b></p>	<p><b>Skill / Technique</b></p>	<p><b>Meteorites</b></p>	<p><b>In a group of any even number of fielders from 4 to 10, form a circle with your partner opposite on the other side of the circle. Every player must have a ball. The aim of the exercise is to simultaneously throw your ball to your partner and vice-versa as quickly as possible. All pairs need to do this which takes concentration. As this is happening occasionally balls collide in the centre so you must aim to catch these collisions. Points are awarded for ricochet catches.</b></p>



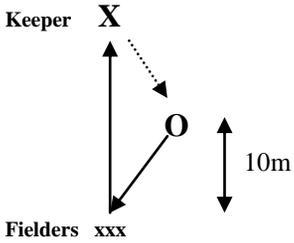
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# Fielding Drills

Learning to gather half volleys	Technique / Skill	Half Volley Drill	In pairs three metres apart, throw underarm half volleys to each other using one ball. Ensure hands come back along same line as ball is travelling. Step back to 5 metres and throw half volleys to each other overarm. As an extension of this, get back 20 metres so that one is feeding half volleys and the other is fielding and returning them. The fielder walks in as if they were fielding in the covers and as the feeder is about to throw the ball they do a set step. They then continue to field the half volley and throw it overarm to the feeder. You can also have this done with 3-4 fielders who keep jogging to get the ball back to the feeder and then return back to the end of the line. Another drill that can be done is outlined in the diagram below:
			 <p>O throws a half volley to the first fielder in line who picks it up and throws to the keeper 25 metres away over the top of a stump. The keeper then throws the ball back to the feeder(O) and the next fielder receives the ball. Remember to do the set step.</p>



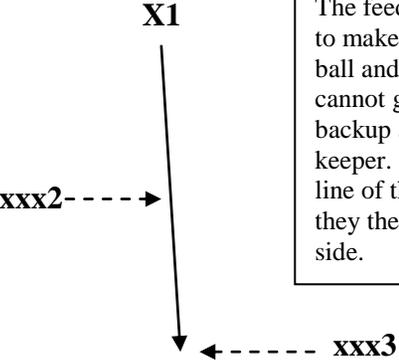
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# Fielding Drills

<p><b>Learning to dive and backup correctly</b></p>	<p><b>Skill / Technique</b></p>	<p><b>The Backup Drill</b></p>	<div data-bbox="1507 391 1927 724" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Diagram</p> <p>The feeder(X1) throws the ball out to make fielder X2 dive to stop the ball and return it to them. If they cannot get it X3 runs across to backup and return the ball to the keeper. The fielders run across the line of the ball to the other side so they then have to field on the other side.</p> </div> 
<p><b>Practicing Throwing</b></p>	<p><b>Technique / Skill</b></p>	<p><b>Throwing technique drill</b></p>	<p><b>In pairs, grab either a baseball glove each and use a cricket ball or if no baseball gloves use an incrediball to practice over arm throwing utilising the 5 slings.</b></p>
<p><b>Relay throw catch and throw</b></p>	<p><b>Technique / Skill</b></p>	<p><b>Relay throw drill</b></p>	<p><b>In a group of 3-4, form a straight line each 20 metres apart. Using an incrediball, throw the ball up and down the line so that it travels fast and accurately between each individual. Ensure that you have your hands up so that the ball is thrown to that side and ensure your feet are setup so that you can crowhop for speed and accuracy. Those on the end must do a 360 degree turn to then get the ball going back down the line.</b></p>



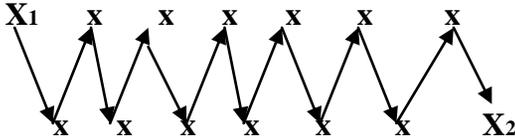
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# Fielding Drills

<b>Quick feet and agility</b>	<b>Fitness</b>	<b>Speed Ladder</b>	Use the speed ladder to move your feet as fast as possible.
<b>High catches</b>	<b>Technique / Skill</b>	<b>Tennis Racquet High Catches Drill</b>	In pairs with a tennis ball and tennis racquet one person hits the ball up high for their partner. Try to use the best technique to catch the ball.
<b>Close Catching and concentration</b>	<b>Skill / Technique / Mental</b>	<b>Catching down the line drill</b>	<p>In a group of six players or more, arrange two lines so that the players face each other. The lines should be 2-3 metres apart. Players should not face each other directly, they should be off centre so the ball zig zags like in the diagram.</p>  <p>X1 begins with a bucket of balls (as many as possible) and one at a time throws them underarm to the next person across from them in the other line. They catch it and then throw it to the next person across on the other line so the ball zig zags down the line until it has been caught by everyone and ends up at X2 who needs a bucket to put all the balls in. Start with 50 balls and see how many you can catch.</p>



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## Fielding Drills

<p><b>Concentrating when taking close catches</b></p>	<p><b>Skill / Mental</b></p>	<p><b>Subliminal catching drill</b></p>	<p>In pairs 2-3 metres apart you will need 3 balls, a tennis ball, a cricket ball and another easily distinguishable ball eg. Kanga cricket ball (yellow). Throw the ball so that it goes to your partners hand on the same side as the throw eg. When throwing the ball to your partner throw it with your right hand to their left hand.</p> <p>As there are three balls, one person will have two balls at once and the partner will have one ball. The person who has two balls needs to release the ball in their right hand and transfer the ball from their left hand to their right, then catch the incoming ball with their left.</p> <p>Basically you will be throwing a ball at the same time as your partner.</p> <p>To complicate things every time the tennis ball is caught you have to say peach and every time the kanga ball is caught you have to say lemon.</p> <p>This makes concentration very difficult.</p>
<p><b>Watching the ball</b></p>	<p><b>Mental</b></p>	<p><b>Noughts and crosses</b></p>	<p>In pairs approximately 5m apart, one person throws the balls whilst the other catches.</p> <p>Get two balls, one with 4 noughts on it and another with four crosses on it.</p> <p>The feeder begins with 2 balls behind their back and then throws one underarm to the catcher. The catcher must try to yell out what is written on the balls, noughts or cross, before completing the catch.</p>



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## Fielding Drills

<b>Watching the ball – divergence to convergence focus</b>	<b>Mental</b>	<b>Noughts and crosses high catches</b>	<b>The same as the above drill but this time the thrower throws both the balls up as high as possible at the same time. They probably only go 20m into the air. As the balls go up the thrower yells either noughts or crosses and the catcher has to catch the appropriate ball.</b>
<b>Fielding and catching, whilst running in a team situation</b>	<b>Fitness / Skills</b>	<b>Fielding Soccer</b>	<b>Effectively this is netball with a cricket ball. There are two goals 2m wide placed between 30 –50m apart. Throws must be underarm and the ball must not touch the ground. You score goals by getting them through the opposition goals.</b>



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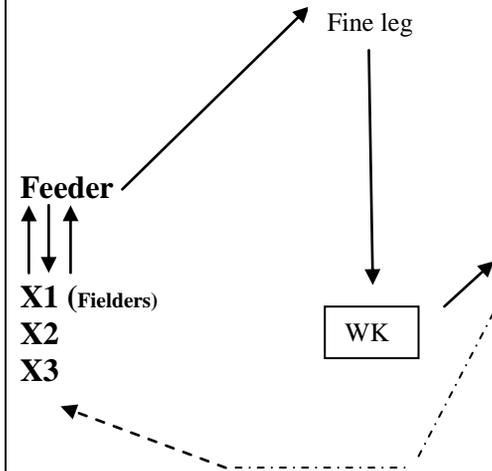


# Fielding Drills

**Catching and throwing in a variety of situations**

**Skills and Fitness**

**Fielding Circuit**



**Each fielder(X1, X2, X3) begins the drill with a ball. X1 throws the ball underarm to the feeder who catches it and throws a short, sharp catch to X1. X1 returns the ball to the feeder who catches it and throws it up high in a direction down to fine leg (over left shoulder). The fielder(X1) tries to complete the catch and then throws the ball to the wicketkeeper(WK) about 30m away, parallel to the direction that the general drill is setup. The wicketkeeper catches the ball and throws it to their right about 5m so the fielder(X1) runs in and picks up the ball and then just runs around the keeper back to their original line. The process begins again.**



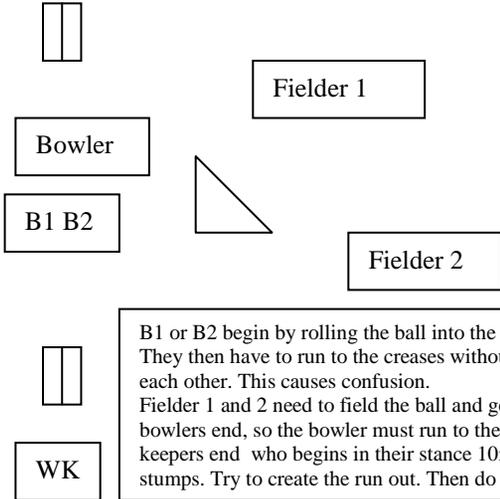
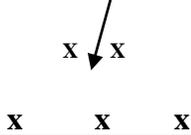
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<p><b>Runout chances from midfield situations</b></p>	<p><b>Skill / Technique / Game simulation</b></p>	<p><b>Runout from covers</b></p>	<p><b>You will need 2 batsmen who just run, a wicketkeeper, a bowler and two fielders on the off side.</b></p> <p><b>Mark out a pitch with two sets of stumps on the oval. Place three coloured discs in a triangle formation about 5m apart in the cover area.</b></p>  <p>B1 or B2 begin by rolling the ball into the triangle zone. They then have to run to the creases without speaking to each other. This causes confusion. Fielder 1 and 2 need to field the ball and get it to either the bowlers end, so the bowler must run to the stumps, or the keepers end who begins in their stance 10m from the stumps. Try to create the run out. Then do it again.</p>
<p><b>Diving to take close catches</b></p>	<p><b>Skill</b></p>	<p><b>Two lines</b></p>	<p><b>WK &amp; Batsman</b></p>  <p>The batter hits hard balls to make the two fielders in the front row dive and try to take catches. The three fielders at the back get the ball back to the WK asap.</p>



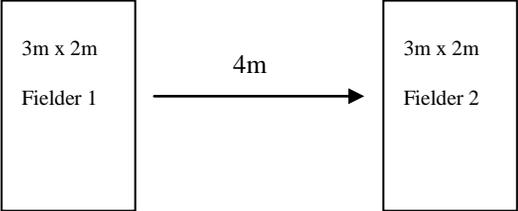
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<p><b>Dive catching and stretching to catch</b></p>	<p><b>Skills / Technique / Fitness</b></p>	<p><b>No Mans Land</b></p>	<p>Mark out two rectangles about 3metres by two metres. In between there is an area that is 4m by 3m. There are two fielders each who try to protect their rectangle area. Fielders try to lob the ball into their oppositions square so that it hits the ground. The fielders must catch the ball before it hits the ground.</p>  <p>If you have four players make the squares a little bigger so there are two players in each rectangle.</p>
<p><b>Bowlers fielding off their own bowling</b></p>	<p><b>Skill / Game Simulation</b></p>	<p><b>Bowlers Fielding drill</b></p>	<p>Mark out a normal pitch with stumps on the oval. Get the bowler to bowl balls at a target with a keeper taking the ball. As the ball is bowled a feeder who is situated at short straight cover feeds balls, either catches or along the ground, to the bowler. Occasionally the ball can be fed half pitch so the bowler runs onto it and throws at the stumps at the batsman's end. Obviously the keeper needs to back up. Tennis balls can also be hit by a tennis racquet.</p>