



# HOWZAT!

## Games – Warm Ups

### Name: Hit Edge & Miss

#### Aim:

To acquire and develop close catching skills.

To evaluate and improve catching skills by analysing their original catching technique then seek to establish where improvements need to be made in order to catch more effectively.

#### Organisation:

Groups of 6 players are organised into 2 groups of 3. The coach stands in the middle between these two groups with a bat. The player 1 throws the ball towards the coach approximately waist height who then either deflects the ball, misses it or hits it back to the team. The coach must turn and face which ever team has the ball but can also vary his position down the line. The activity continues for a set number of repetitions.

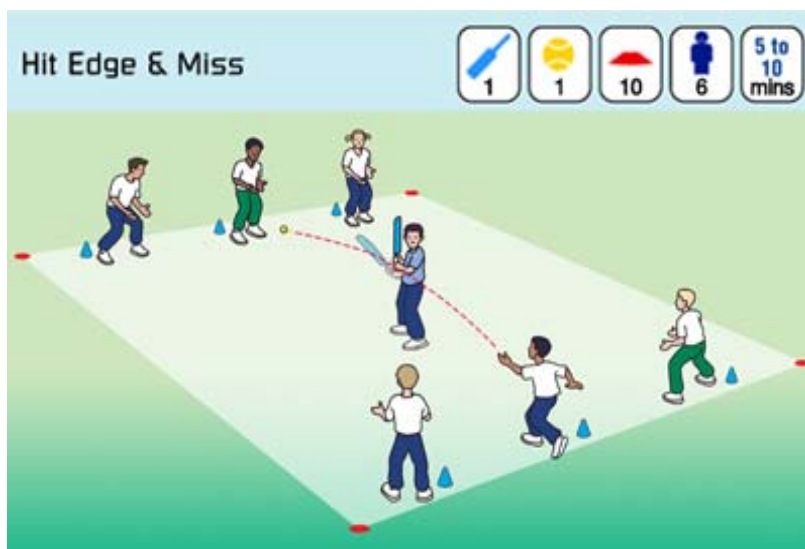
#### Technique:

Adopt a comfortable stance – knees flexed; Head steady – level; Hands ready – big catching area; Fingers pointing down; Give with the ball.

#### Adaptation/Variation:

Increase / decrease the catching distance; Vary the size of the ball; Catch one handed.

*If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.*



#### Equipment:

**Players:** 12 per game;

**Cones:** 12;

**Tennis Balls:** 1;

**Stumps:** 2 sets;

**Time:** 5 -15 mins