



HOWZAT!

Fielding Practices

Name: Many Skill Fielding

Aim:

To acquire and develop a range of fielding skills under pressure.

To select and apply skills according to the type of delivery, distance and pace they are receiving it.

To evaluate performance by using observation of other participants performance, listening to instruction and self analysis to identify areas of the skill to improve.

Organisation:

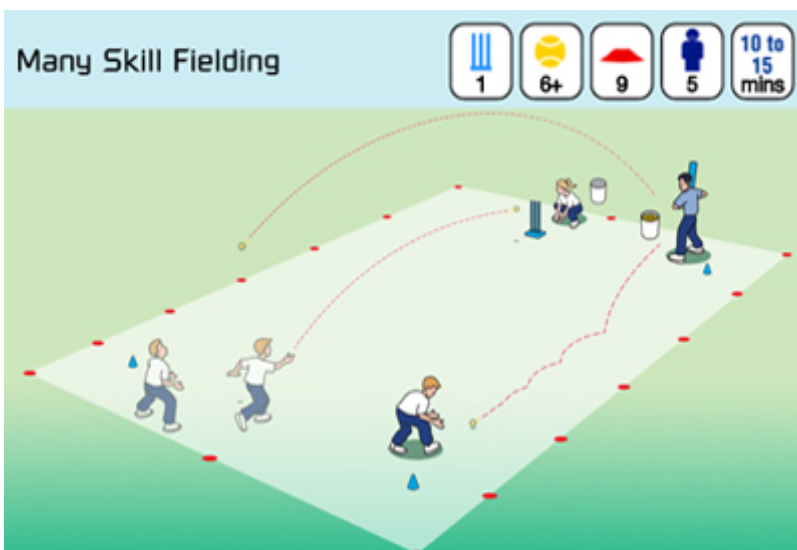
In groups of 5 as illustrated the coach hits a high ball for player 1 to move to the left to catch then throw back to the wicket keeper. As the player throws the ball back the coach rolls a slower ball for the player to attack and underarm throw to the keeper. Player 1 runs around the coach and back into the channel whereby the coach hits a further ball over the players shoulder for another catch – the ball is returned to the wicket keeper. The player then returns to the back of the group. This continues so all have a go. Once the practice is complete the players restart from the opposite side of the grid.

Technique:

When catching: Watch the ball; Keep head steady; Hands together; Give with the ball; Finger either point down or up depending on type of catch. When intercepting: Attack the ball; Keep low and in line when approaching the ball; Watch the ball into the hand ; Pick up and throw underarm in a rhythmical motion; Follow through towards the target; Keep head steady throughout. When throwing over arm: Hold ball across seam; Wide base – balanced; Front arm – elbow points at target; Throwing elbow level with shoulder as it comes through; Back leg trails until after the release; Full follow through.

Adaptation/Variation:

Increase / decrease the catching distance; Increase / decrease the pace of the serve; Pick up with weaker hand; Use different types of balls; Use a bigger ball.



Equipment:

Players: in groups of 5;

Tennis balls: – 2 - 3 per group (semi hard balls or hard balls may be used depending on group ability);

Cones: – 3 per group;

Stumps: – 1 set per group;

Time: 10 – 15mins;