



# HOWZAT!

## Fielding Practices

**Name: One Handed Intercept**

**Aim:**

To acquire and develop intercepting and under arm throwing skills.

To select and apply intercepting and throwing skills depending on pace of delivery and length of throw.

To evaluate performance by observing others and listening to and understanding instruction.

To improve performance by identifying areas to focus on when performing the skill.

**Organisation:**

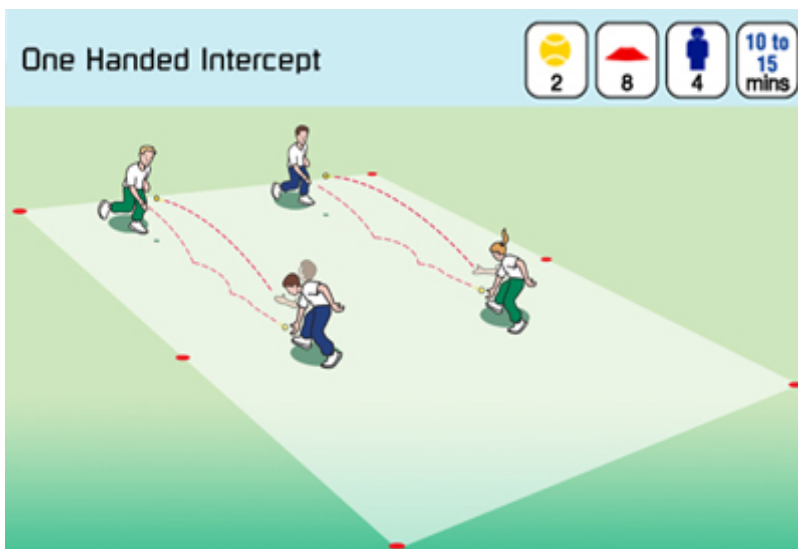
In pairs as illustrated, player 1 rolls the ball out to the half way point. Player 2 attacks the ball and throws the ball underarm back to player 1 – no bounce. This repeats 5 times and then change.

**Technique:**

Attack the ball; Get low early; Maintain balance; Watch the ball; Pick up outside of throwing foot; Throwing hand arm and body follow through to target.

**Adaptation/Variation:**

Increase / decrease throwing distance; Increase / decrease speed of serve; Use a stationary ball; Use weak hand; Use different balls; Add stumps; Use batters running between the wickets.



**Equipment:**

**Players:** work in pairs – up to 24;

**Cones:** 2 per pair;

**Tennis Balls:** 1 per pair;

**Time:** 10 -15 mins;