



# HOWZAT!

## Fielding Practices

### Name: Two Handed Intercept & Throw

#### Aim:

To acquire and develop intercepting and over arm throwing skills.

To select and apply intercepting and throwing skills depending on pace of serve and length of required 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:

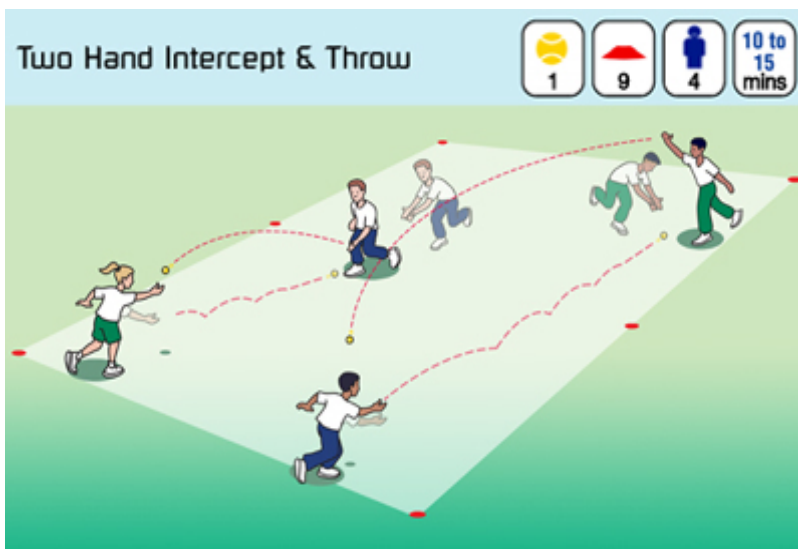
In pairs as illustrated player 1 rolls the ball out approximately 2/3rds distance in the grid. Player 2 attacks the ball and picks the ball up with 2 hands then throws the ball back to player 1 over arm on the bounce. This repeats 5 times then change over.

#### Technique:

Attack the ball; Get low early; Maintain balance – head steady; Watch the ball; Pick up ball central to body – body side ways on when the ball is picked up; Pick up with two hands; Adopt throwing position; Follow through to target; Crow hop if necessary.

#### Adaptation/Variation:

Increase / decrease throwing distance; Increase / decrease pace of serve; Approach from different angles; Use a stationary ball; Use different ball; Use a “Crow Hop” if throwing distance; Use stumps as a target; Include batters running.



#### Equipment:

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

**Cones:** 2 per pair;

**Tennis Balls:** 1 per pair;

**Time:** 10 -15 mins;