

FIELDING SKILL 2 - CATCHING CLOSE TO THE WICKET

Fielders are positioned close to the wicket to try and catch the batter out. Usually they stand in fielding positions known as the slips, gully or short leg.

SIDE VIEW

FRONT VIEW

Fig.1 The Stance. Ensure correct distance between the fielders and batter. Feet should be shoulder width apart or slightly wider. **Weight evenly spread,** resting lightly on the **balls of the feet** **Knees flexed. Hands together,** close to the ground, fingers pointing down. **Head up, eyes level Alert**



Fig.2 Watch the ball into your hands. Allow the ball to come to you - don't snatch at it. **'Give'** with the ball as you receive it.



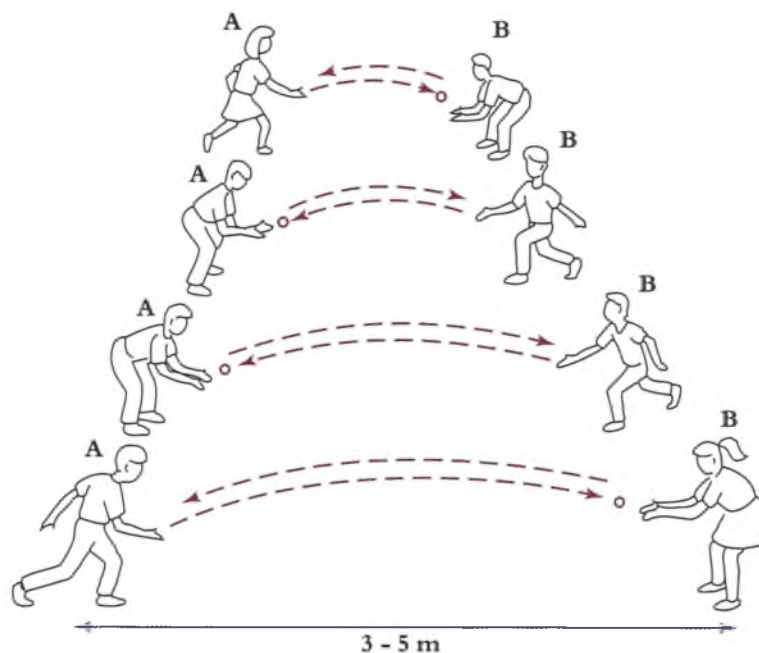
ACTIVITY 1 - PARTNER CATCH

Organisation: Divide group into pairs standing 3-5 metres apart. Players A adopt close catching position. Players B bowl underarm to their partners (A) aiming waist high. Players B catch the ball and return to Players A who are now in close catching position.

Repeat, emphasise coaching points.

Progression: How many catches can each pair make in 1 minute. Catch with one hand. Vary type of ball used.

Equipment: One tennis ball per pair. Other types of ball.

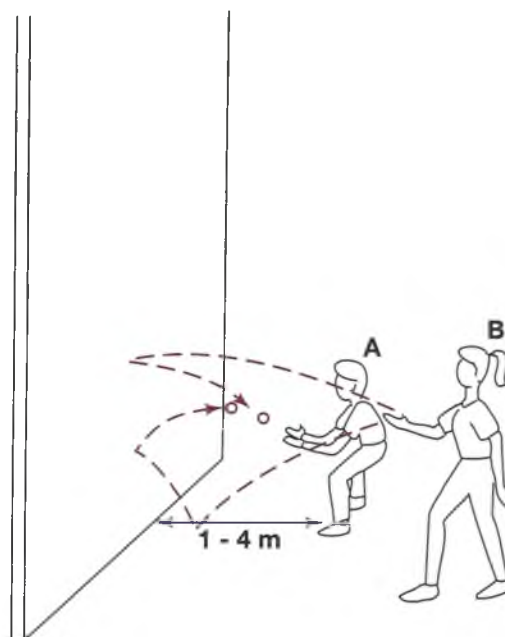


ACTIVITY 2 - REBOUND CATCH

Organisation: Divide group into pairs 3-4 metres from wall. Player A takes up close catching position. Player B stands behind Player A slightly to one side. Player B throws ball at wall at approximately eye level. Player A catches the ball and hands back to Player B. 10 catches and then swap positions.

Progression: Use of different types of ball and colours. Catching player to name colour as soon as it is sighted. How many catches can each pair make in 1 minute? Catching player moves closer to the wall.

Equipment: One tennis ball per pair. Smooth wall. Other types of ball.



FIELDING SKILL ACTIVITIES - CATCHING CLOSE TO THE WICKET

ACTIVITY 3 - CORNER SPY

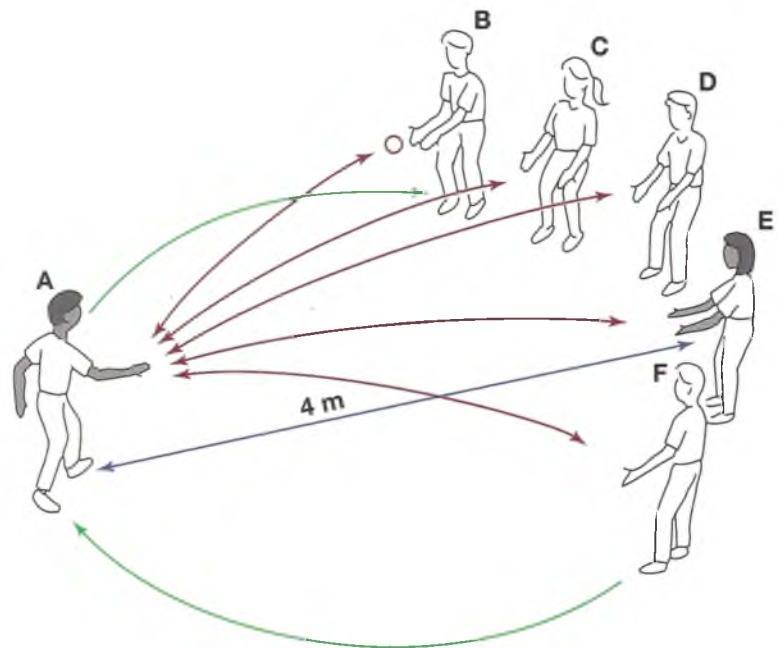
Corner Spy

Organisation: Divide main group into smaller groups of 5-7.

Arrange the groups as shown in the diagram. Player A throws the ball and receives returns from all other players in the group. When the last player receives the ball player A sprints to replace player B. All the other players move down a position and the last player with the ball runs to take player A's place. The activity finishes when all players have had a turn throwing the ball to all.

Progression: Use different ball types and vary group sizes. Competition between groups - 1st group to complete 1 or more circuits.

Equipment: One tennis ball per group.
Markings for group positions.
Other types of ball.



ACTIVITY 4 - TURN AROUND CATCHING

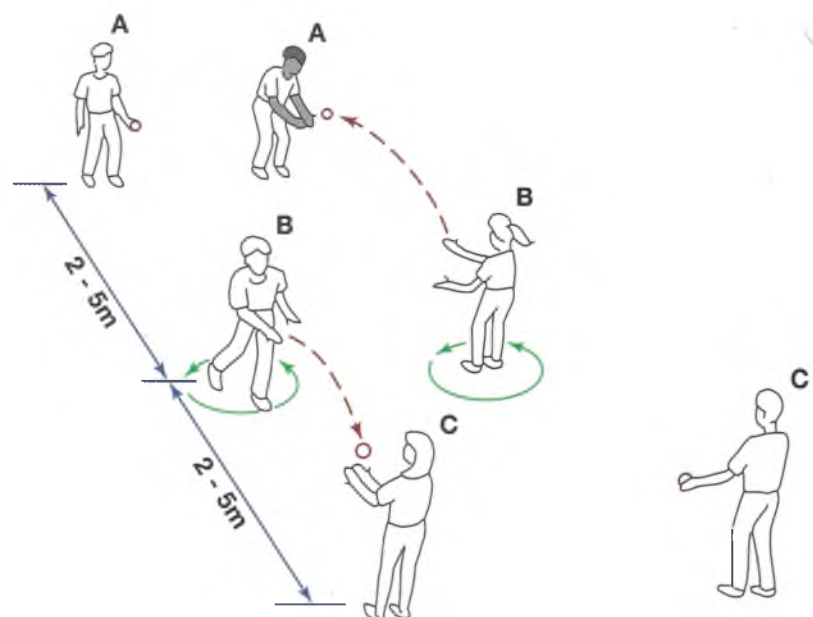
Organisation: Divide main group into smaller groups of 3.

Players A and C have a ball each.

Player A throws the ball to player B who catches it and returns to player A. Player B turns 180° and repeats the activity with player C. Swap positions after 10 catches.

Progression: Use different types of ball. Competition between groups.

Equipment: 2 tennis balls per group.
Other types of ball.



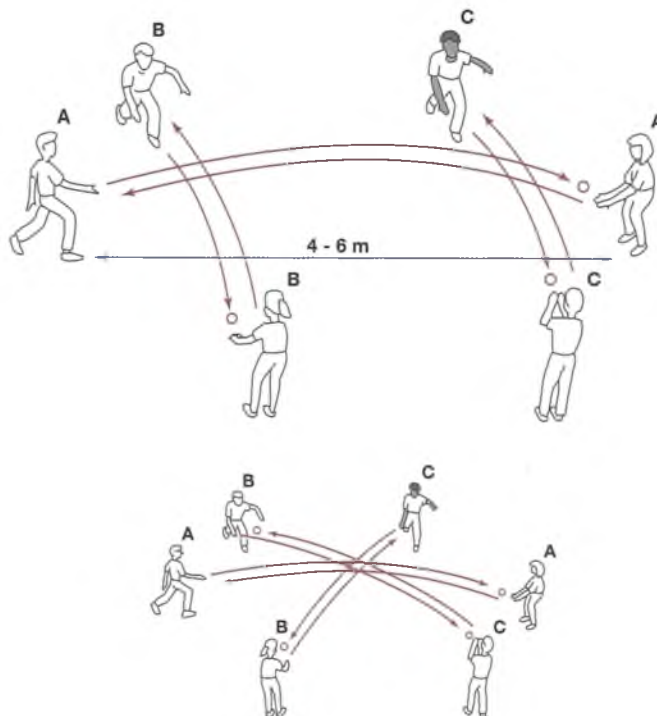
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ACTIVITY 5 - DISTRACTION CATCHING

Organisation: Divide main group into smaller groups of 6 each with a ball.
 Organise the group as shown in the diagram with: Players A throwing simultaneously underarm between waist and chest. Players B throwing underarm between knee and waist. Players C throwing underarm between shoulder and head. Players catch and return ball. Rotate positions after 20 catches.

Progression: Use different types of ball
 Shorten distances between partners.
 Players B and C throw diagonally.

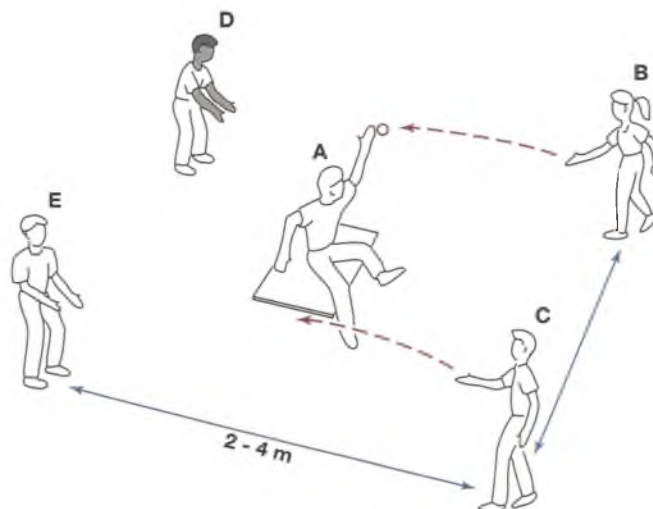
Equipment: 1 tennis ball each.
 Other types of ball.



ACTIVITY 6 - SIDE TO SIDE CATCHING: ONE-HANDED

Organisation: Divide main group into smaller groups of 5.
 Organise the group as shown in the diagram. Player A may be seated on a judo mat. Players C & B throw balls, underarm, alternately for A to catch one-handed, by 'rocking' on mat. Player A always returns ball to the player who threw and rocks to other side to catch next ball. Each player to make 'x' number of catches then the group rotates. Players D and E initially return ball to B and C if missed or dropped by A.

Equipment: 2 tennis balls per group.
 1 judo mat.



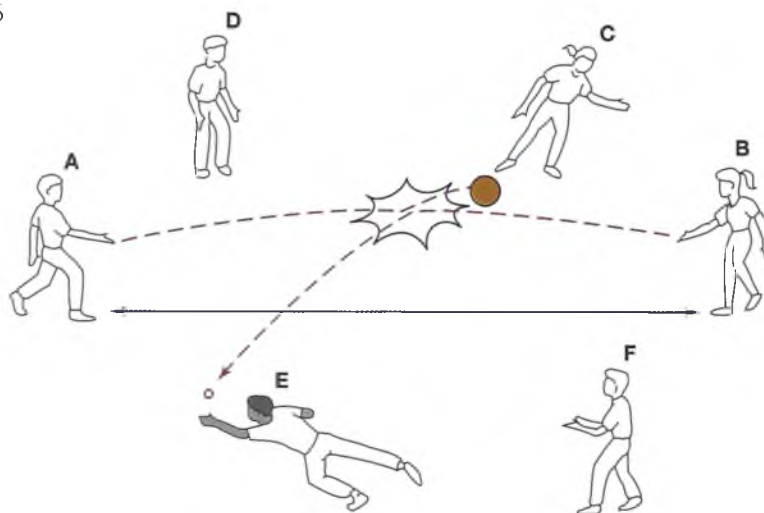
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ACTIVITY 7 - COLLISION CATCHING

Organisation: Divide group into groups of 6 as shown in Activity 5. Players A and B throw a ball underarm towards each other aiming for the balls to collide in the middle. Players C, D, E and F adopt close catching positions and aim to catch deflected balls.

Progression: Use different types of and size of ball.

Equipment: 2 balls per group.

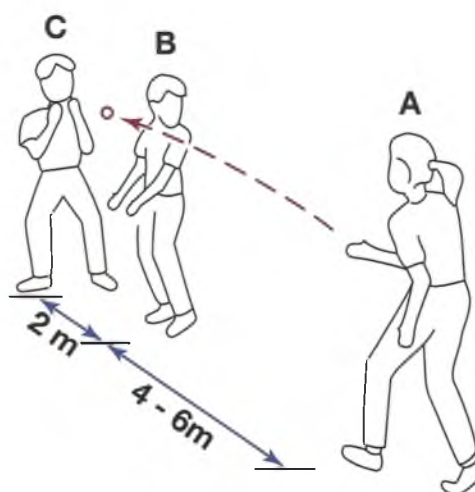


ACTIVITY 8 - AVOIDANCE CATCHING

Organisation: Divide group into groups of 3. Player A throws a tennis or other soft ball underarm towards player B at chest height who adopts a normal batting stance. Player B avoids the ball at the last possible moment causing player C to be unsighted until late. Players A and B work as a team scoring a point each time player C drops or misses the ball. Player C scores a point if either the ball is caught or strikes the batter.

Progression: Rebound avoidance catching as shown.

Equipment: 1 tennis ball or other soft ball per group.



SAFETY!

N.B.
This activity is designed to help develop reaction times. It is suitable only for more advanced groups under careful supervision.

