

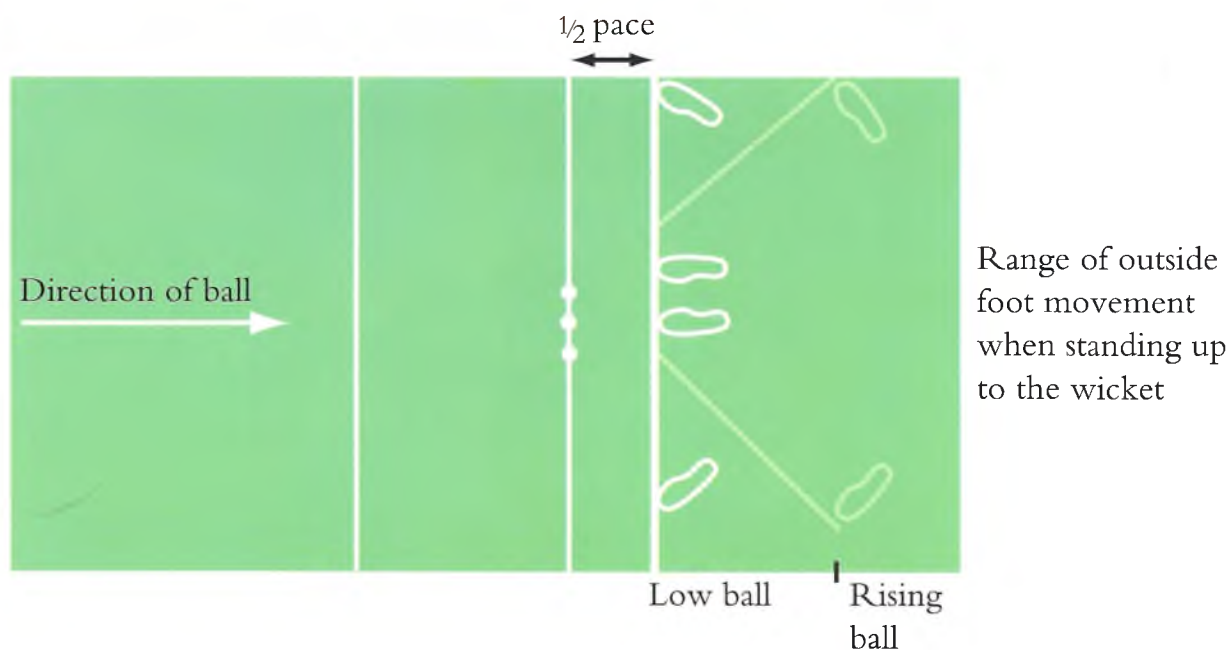
## WICKET KEEPING - GENERAL GUIDANCE

Group practice in wicket keeping can follow the catching practices to begin with. When moving on to the actual wicket keeping practices every youngster should participate to ensure that no potentially good wicket keeper, who may enjoy this position, is overlooked.

Generally, wicket keepers will operate on a straight line, parallel to the crease, sufficiently far behind the stumps to ensure that no item of their equipment or body passes the stumps. In most cases a distance of  $\frac{1}{2}$  a pace to one pace should be sufficient.

If the ball bounces particularly high, the use of the 'K method' is recommended. The angled lines indicate the path of movement of the outside leg, hip and hands. See diagram below.

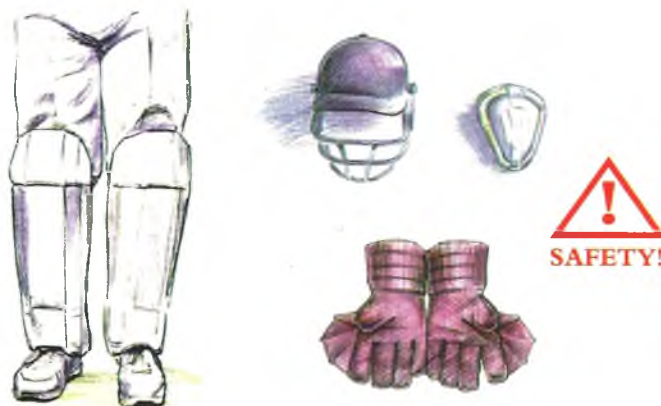
**In most circumstances a wicket keeper will operate on a straight line with the feet, with only the hips and shoulders rotating.**



Group practice of wicket keeping can be combined with bowling practice but the coach should ensure that when a hard (cricket) ball is used the wicket keeper is wearing the proper protective equipment.

### Fig.1 Equipment

When a cricket ball or hard ball is used a wicket keeper must wear gloves, box, pads and helmet (as indicated in the ECB Safety Guidelines).



# WICKET KEEPING SKILL 1 - STANDING UP

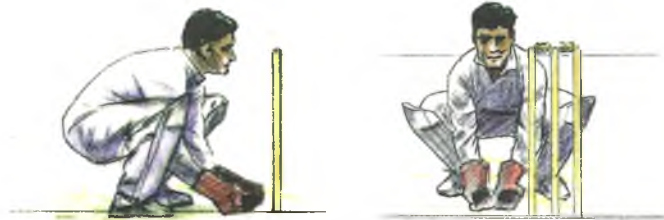
The wicket keeper is the focus of a fielding team and needs to be competent when standing up to the wicket to spin bowlers and slow medium pace bowlers.

**Fig.1 The Stance**

Crouched slightly to the offside of batter. No part of the wicket keeper or equipment should be in front of the stumps. Weight on the balls of the feet; hands relaxed.

SIDE VIEW

FRONT VIEW

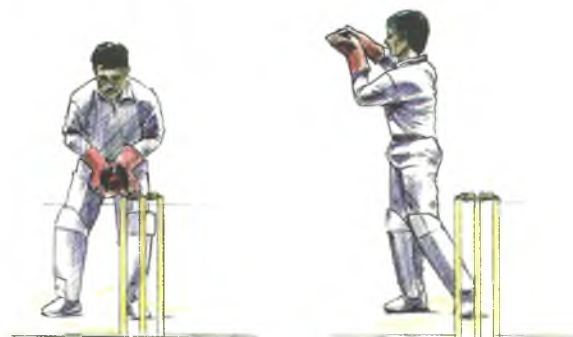


**Fig.2 Taking the ball**

Head/body behind the ball. Body rises with bounce of the ball. Watch the ball into the hands (for the standard 'take' the fingers should point down). If ball bounces high, the head and body should twist to allow ball to be taken to one side of the body. (See the 'K method')

LOW

HIGH



**Fig.3 Off Side Take**

Feet and body move across to get head into line. Keep hands low. Rise with bounce of ball. Hands 'give'.



**Fig.4 Leg Side Take**

Feet and body move across to get head into line. Keep hands low. Rise with bounce of ball. Hands 'give'.



**Fig.5 Stumpings**

When take completed: body weight transfers towards stumps. Hands move forward quickly to break the wicket. **N.B.** Ensure ball is correctly taken first.



W.K.

# WICKET KEEPING SKILL ACTIVITIES - STANDING UP

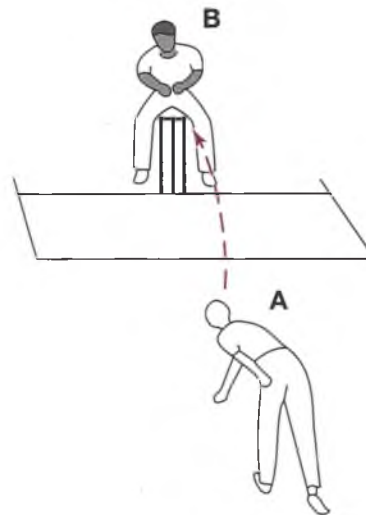
## ACTIVITY 1 - TAKING A STRAIGHT BALL

**Organisation:** Divide the group into pairs.

Player A throws ball at target and player B (wicket keeper) from correct stance, takes ball and returns to player A. 10 attempts before changing roles.

N.B. If players are capable, bowl from the 'coil' position.

**Equipment:** 1 tennis ball and set of stumps per pair. Chalk markings.

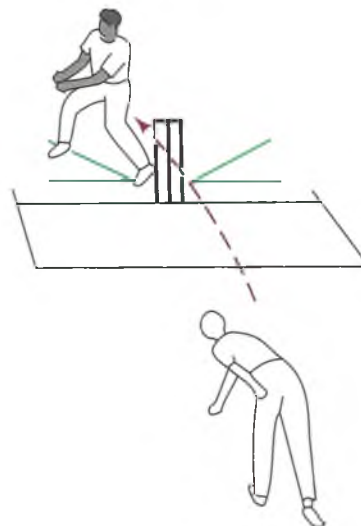


## ACTIVITY 2 - TAKING THE OFF SIDE BALL

**Organisation:** As for Activity 1.

Practice may be later developed to include bringing ball back to stumps for stumping.

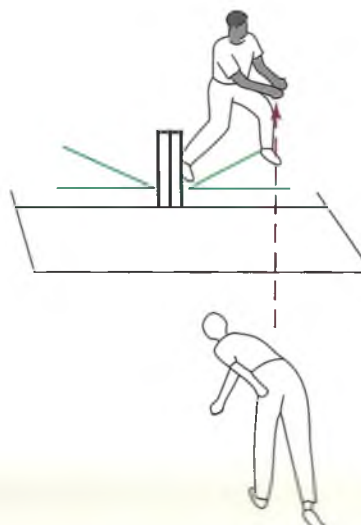
**Equipment:** As for Activity 1.



## ACTIVITY 3 - TAKING THE LEG SIDE BALL

**Organisation:** As above. Practice may later be developed to include bringing the ball back to the stumps for stumping.

**Equipment:** As for Activity 1.

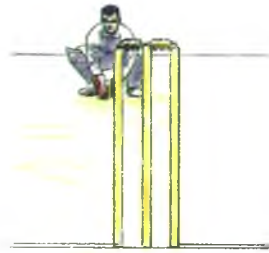


## WICKET KEEPING SKILL 2 - STANDING BACK

The wicket keeper is the focus of a fielding team and needs to be competent when standing back from the wicket to faster bowlers.

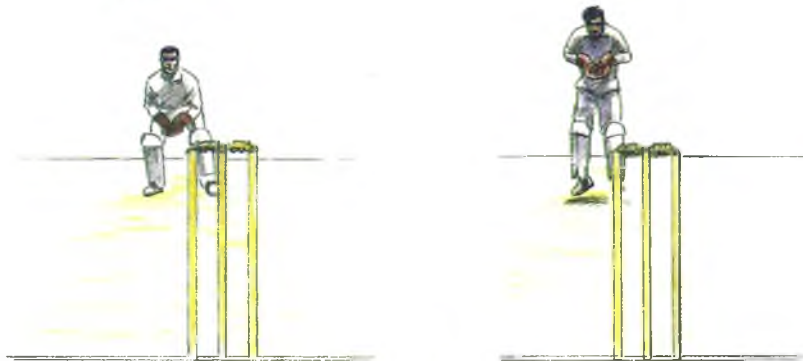
**Fig.1 The Stance**

Crouched, although not necessarily as low as positioning for 'standing up'.  
Positioned slightly to batter's off side to allow clear view of bowler and far enough back to allow ball to be taken comfortably as it begins to drop.



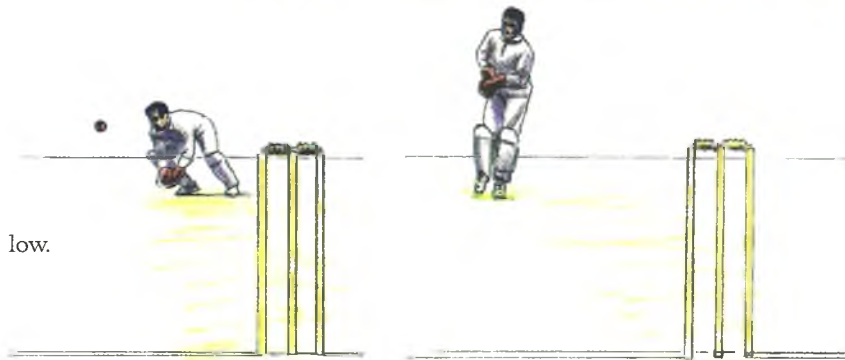
**Fig.2 Taking the ball**

Move quickly into position behind ball. Hands 'give'. Relaxed.



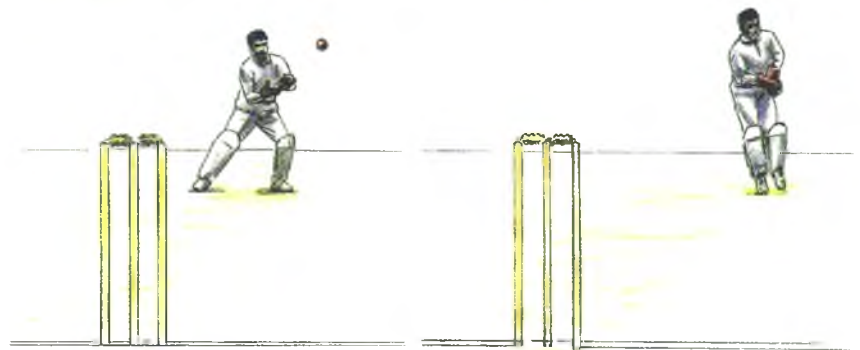
**Fig.3 Off Side Take**

Feet and body move across to get head into line. Keep hands low.  
Rise with bounce of ball.  
Hands 'give'.



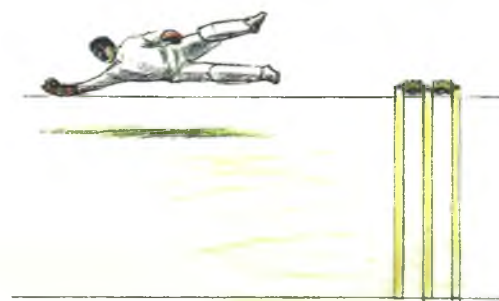
**Fig.4 Leg Side Take**

Feet and body move quickly across to get the head into line. **N.B.** If the ball bounces high, keep head and body slightly to one side of the ball and allow hands to 'give' with the ball.



**Fig.5 Diving**

Not usually necessary unless the ball is very wide.  
Dive 'flat' and try to catch the ball as late as possible.  
Roll on landing to avoid injury and jarring.

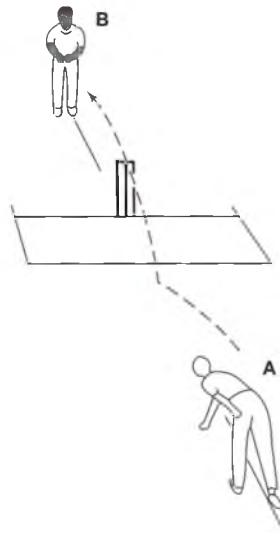




# WICKET KEEPING SKILL ACTIVITIES – STANDING BACK

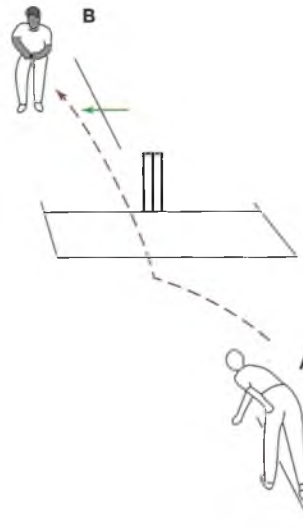
## ACTIVITY 1 – TAKING A STRAIGHT BALL

**Organisation:** Divide the group into pairs.  
Player A throws the ball, overarm, at the target area. Player B (wicket keeper) completes catch and returns the ball to player A. 10 attempts then change roles. The 'coil' position may be used if capable.  
**Equipment:** 1 tennis ball and set of stumps.



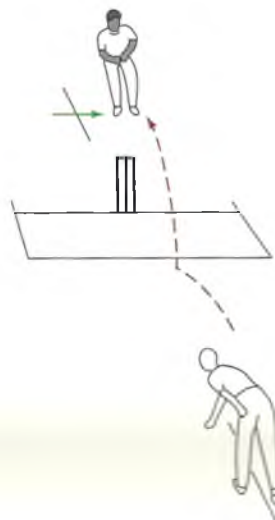
## ACTIVITY 2 – TAKING AN OFF SIDE BALL

**Organisation:** Organise as for activity 1 but player A throws wide of the 'off stump' so the wicket keeper has to move to the right to complete the catch.  
**Equipment:** As for Activity 1.



## ACTIVITY 3 – TAKING A LEG SIDE BALL

**Organisation:** As above but the ball is thrown wide of the 'leg stump' so the wicket keeper has to move to the left to complete the catch.  
**Equipment:** As for Activity 1.

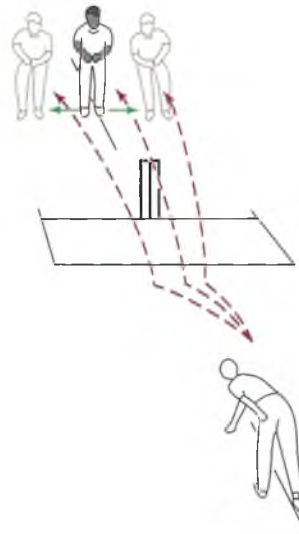


# WICKET KEEPING SKILL ACTIVITIES - STANDING BACK

## ACTIVITY 4 - MIXED TAKES

**Organisation:** As before but the ball is thrown to either side of the stumps.

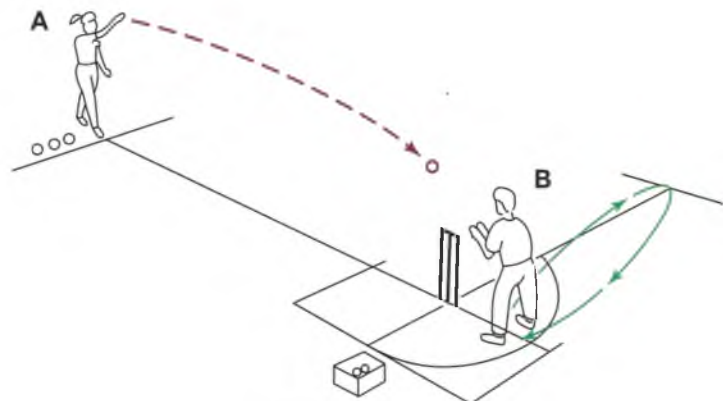
**Equipment:** As for Activity 1.



## ACTIVITY 5 - MOVING UP TO THE STUMPS

**Organisation:** Divide into pairs and set up the activity as shown in the diagram. From a measured distance behind the wicket player B runs up to the wicket and catches 5 consecutive throws from a measured distance thrown by player A. After each take the wicket keeper returns to the starting point. When taken the ball is dropped into container. 5 attempts and then change roles.

**Equipment:** 5 tennis balls, 1 set of stumps and a container for each pair.  
Chalk markings.



## ACTIVITY 6 - DIVING

**Organisation:** Divide the main group into smaller groups of 4 and set up as shown in the diagram. Player A throws the ball wide of player B (wicket keeper) who dives to complete the catch. Players C and D act as back-up fielders. This is an advanced drill, but is great fun for more able youngsters. 8 attempts, then change roles.

**Equipment:** 2 crash mats. 1 ball.

