

Learning to Train group

Main theme: Fielding – Introduction to Throwing

Aim: To develop an accurate throwing technique

Warm up: Circle Throw (10 min)

Players stand in a circle with distance of 1-2 m between each. Players pass a cricket ball around the circle. Any player dropping the ball or making an inaccurate throw runs one circuit around the circle.

Progress by introducing different size and shaped balls (golf ball, tennis ball, rugby ball etc.)

Throwing Drills: Throwing technique (20 min)

In pairs, players sit crossed legged ~3 m apart. Players throw incrediball or hard cricket ball to each other using following progression:

Wrist only: Elbow of throwing hand placed on knee, non-throwing hand holds wrist of throwing hand. Throw ball by flicking wrist – one bounce to partner

Wrist and Forearm: Non-throwing hand holds throwing arm at elbow, use forearm and wrist to throw ball

Upper Body: Increase distance between players. Thrower on one knee throws ball with hip rotation, arm and wrist. Check use of non-throwing arm as guide

Entire body: Increase distance between players. Use of upper body, arm and wrist to throw ball to partner. Accuracy is primary aim. Check correct position of non-throwing arm. Progress to introducing the crow hop.

Competition. Who can throw the farthest and who is most accurate? (15 min)

Use single stump as target

Short and long retrieve. (20 min)

In pairs. Feeder and fielder roles rotate after 3-4 attempts. Use incrediball or hard cricket ball. Both players stand side by side, feeder rolls ball 5-6 m distance for fielder to chase, pick up and throw back to feeder with no bounce.

For long retrieve feeder rolls ball 10-15 m distance for fielder to pick up and throw with crow hop back to feeder with one bounce.

Coaching points: Correct pick up outside/between legs, throwing technique, non-throwing arm position, body and head moving to target, follow through.

Game to reinforce drill:

Divide players into two teams, batting and fielding. From wicket keeper position coach rolls cricket ball out to first player in fielding team positioned at long off or deep mid wicket (marked with cones). Once ball released batters attempt to run two runs with fielder attempting a run out with throw to coach or non-strikers end with another member of fielding team backing up. Progress to decreasing/increasing distance for fielders, have batsman attempt three runs.

Pick up and throw (20 min)

Player rolls ball towards partner who picks up with one hand and throws ball back to partner at waist height in one movement. Progress to diving on chest/stomach with full arm extension and throwing.

Coaching points: Low to ground, pick up outside throwing arm, one throwing movement, head and eyes on target.

Game to reinforce drill:

Divide players into two teams, batting team from first game is now fielding team. From wicket keeper position coach rolls cricket ball out to first player in fielding team positioned at mid off (marked with cone). Once ball released batters attempt to run one run with fielder attempting a run out with underarm throw to coach. Progress to decreasing/increasing distance for fielders, have batsman attempt two runs.

Lords Game (1 or 2 areas depending on numbers)

(20-30 min)

19 yard pitch with stumps at each end, coach provides feed for front foot drive or pull shot.

Batting team bat in pairs for 2 overs.

Batsman can be out bowled, caught or run out. Check for running technique and calling.

Maintain safe distance for fielders.