

Learning to train and training to train groups

Main theme: Fielding - Throwing and Ground Fielding

Aim: To develop effective technique for stopping and throwing the ball in the field

Warm Up (10 min)

Use of rectangle for jogging, side steps, knee bends, sprints across, rugby passes along length

Throwing/Catching Drills

Flick throwing (15 min)

Coach standing behind stumps feeds ball along ground to players running at right angles to the stumps between two marker cones about 10 m apart. In turn players use underarm or flick throw to return ball to coach using left and right hand on the run finishing with diving throw in front of stumps.

Sprint catching (15 min)

Split group into two. Fielder jogs round outside of two stumps placed 10 m apart. Coach stands 10 m from centre of stumps and lobs cricket ball at arms length in front of jogging fielder as he approaches centre. Fielder attempts to catch ball, returning it immediately to the thrower whilst still jogging and the thrower continues to lob catches to coach each time he approaches the centre.

Turnabout catching (15 min)

In groups of three. Two throwers stand 12 m on either side of fielder who stands between two posts 10 m apart. Throwers take turns to lob or roll cricket ball between the posts and for the fielder to catch and return to thrower. Continue for 5 min then rotate.

Overhead catching (15 min)

Fielders on line 10m facing away from coach who throws ball for fielder to catch over their head and throw to wicket keeper

Target throwing (20 min)

Players in turn pick up thrown, rolled, bounced cricket ball on the run and throw to target stumps (with net).

Progress to Game (20-30 min)

Players field in conventional positions on leg and off-side. Coach hits ball from batting crease on either side of wicket and fielders field ball and attempt to run out batsman (in pads with bat) making 1, 2 or 3 runs. Check for correct fielding and throwing technique, backing up and running between wickets and calling