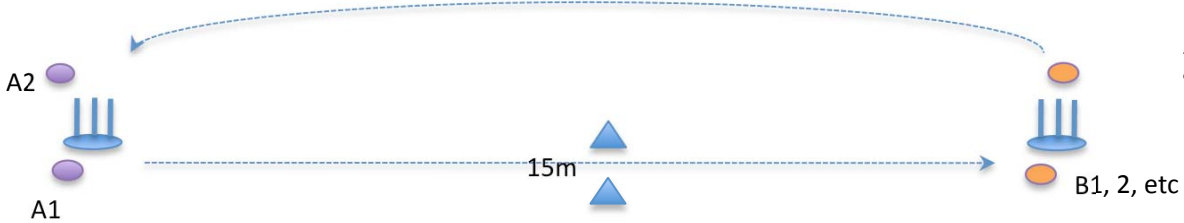


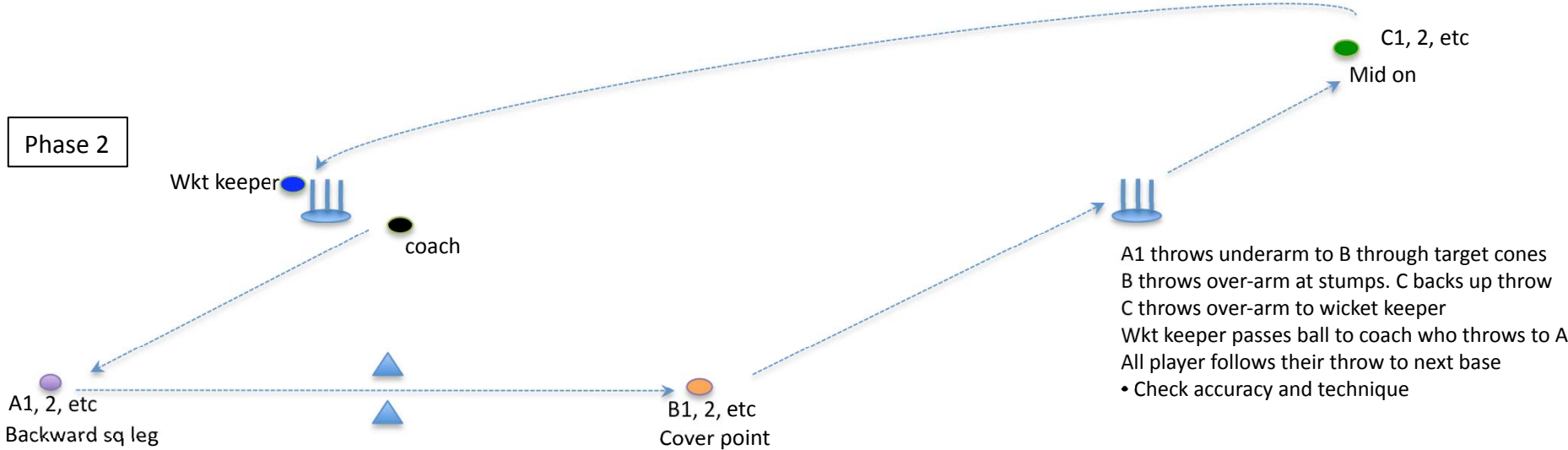
Multi-Fielding Drill

Phase 1



A1 throws under-arm to B
A1 follows ball
B throws over-arm to A2
B follows ball
A2 throws under-arm to B2 etc.
• Check accuracy and technique

Phase 2



A1 throws underarm to B through target cones
B throws over-arm at stumps. C backs up throw
C throws over-arm to wicket keeper
Wkt keeper passes ball to coach who throws to A
All player follows their throw to next base
• Check accuracy and technique

Phase 3

Additional base at extra cover marked by single stump. Base C in Phase 2 is now base D.
B collects ball from A and throws over-arm to C at extra cover aiming for top of stump.
C throws over-arm at stumps with D backing up.
D throws to wkt keeper who passes ball to coach.
All fielders follow ball to next base.
• Check accuracy and technique.

Progression:
Increase number of balls
Field and/or throw with weak hand
Increase distance between bases