

FIELDING DRILLS

Training Drill No. 1

As the weather and the light improves, we are certainly provided with more options to organise through training sessions without the pre – season restrictions.

It is vitally important to ensure that we provide plenty of variety throughout the training season and I suggest that we start programming some variations (to the normal net practice) immediately. Often the traditional net sessions become habitual and players become so ingrained with the procedure that they are reluctant to explore other means of preparation. So now is the time to break tradition.

Listed is a different **training procedure** or format which is an option from the norm:

In groups of four (4) as the players arrive, they will commence a series of requirements, remaining in that group.

Once they have completed all that is listed, the session is finished for that group!

SAMPLE PROGRAM

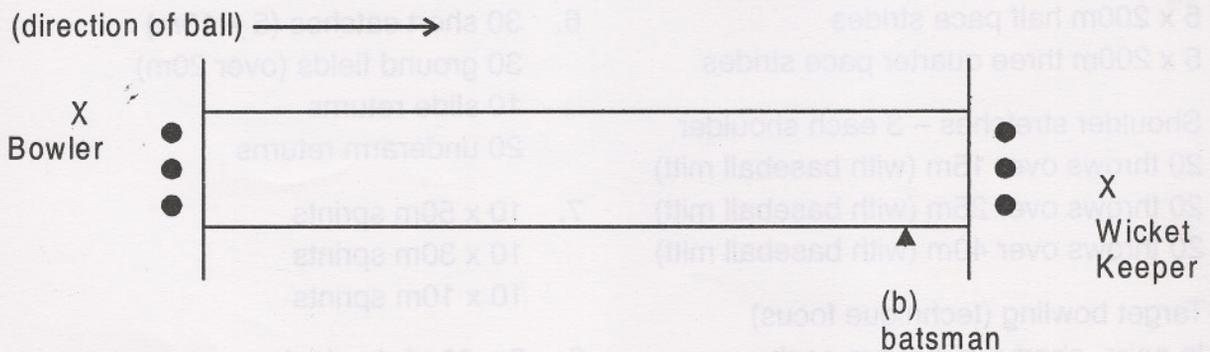
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|--|--|
| 1. 5 x 200m half pace strides
5 x 200m three quarter pace strides | 6. 30 short catches (5 – 10m)
30 ground fields (over 20m)
10 slide returns
20 underarm returns |
| 2. Shoulder stretches – 3 each shoulder
20 throws over 15m (with baseball mitt)
20 throws over 25m (with baseball mitt)
20 throws over 40m (with baseball mitt) | 7. 10 x 50m sprints
10 x 30m sprints
10 x 10m sprints |
| 3. Target bowling (technique focus)
In pairs, short run 4 overs each | 8. 3 x 20 abdominal exercises
3 x 10 push – ups |
| 4. 3 x 20 half squats
3 x 20 step – ups
3 x 20 abdominal crunches | 9. 1 km warm – down –
(alternate 100m walk, 100m jog)
10 minutes stretching –
(major muscle groups) |
| 5. Front foot batting
1 bat, 1 throw, 2 field
Set target straight – 30 balls each | |

Training Drill No. 1

An area of our game that we tend to ignore when it comes to specific skill development is the "caught and bowled" situation. To practice this skill we have a very basic, easy – to – set – up activity.

On a flat area of the ground (or in the nets) equipment required will be 2 sets of stumps, a batting cone, bat and ball. As in the diagram below, the batsmen (b) will be positioned beside the pitch and as the bowler delivers the ball, the hitter will hit a stationary ball off the tee, in the direction of the bowler. I suggest you start off the activity with a soft ball (i.e a Tennis ball or incrediball) and then progress to a cricket ball.

This drill is suitable for all types of bowlers.

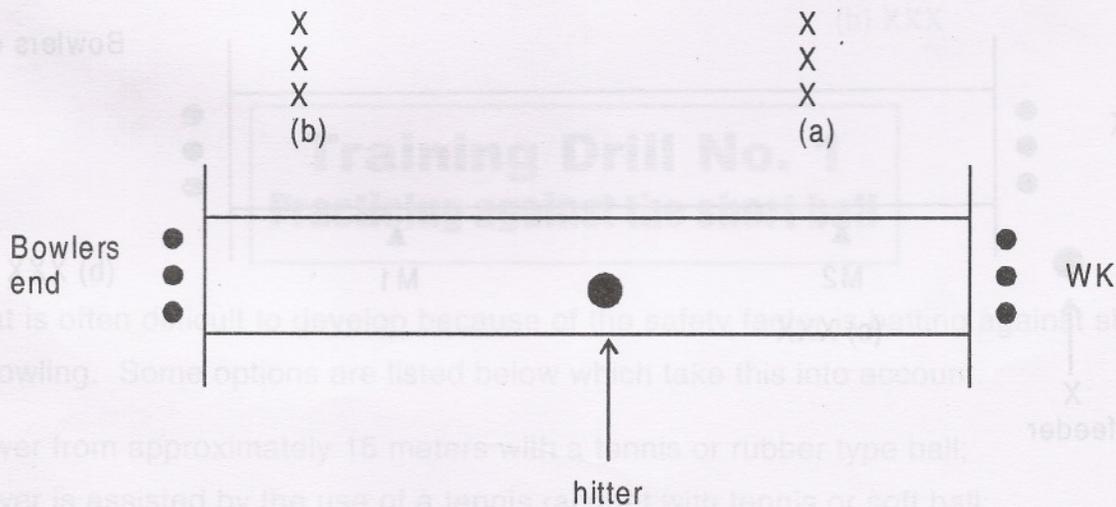


Training Drill No. 2 FIELDING

This fielding activity is designed to simulate “mix up” run – out situations (that tend to occur more often towards the end of oneday games). The ball is quickly moved from the in-field to one end, and in turn, to the other. The primary focus of the activity is “quick feet and hands”. The drill incorporates a vigorous workout for the wicket keeper and you may rotate keepers to share the workload.

There is two groups (a) and (b). The ball is hit up in between the two fielders who are in front of each line, if (a) calls for the catch then (b) must quickly make their way to receive the ball from (a) over the top of the stumps (at the bowlers end) who will in turn complete the activity by returning the ball to the wicket keeper.

If (b) calls for the catch, then the wicket keeper must sprint to the “bowlers end” in time to receive the ball over the top of the stumps, the wicket keeper will complete the drill by returning the ball over the top of the stumps to (a) who will receive at the other end in the wicket keeper’s absence. (Wicket keeper then returns to his position to commence next drill).

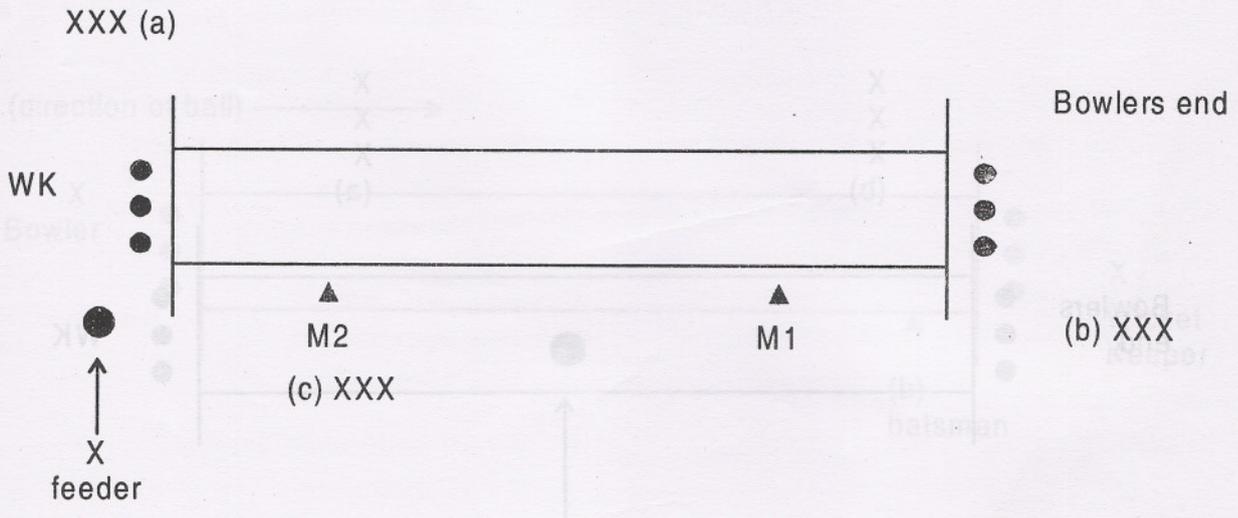


Training Drill No. 3 FIELDING

Very much an interactive drill which incorporates running between the wickets, ground fielding and the bowler returning to the stumps to receive a return.

The drill commences when the feeder [who rolls to group (a)] lets go of the ball. All three positions comments at the same time. Group (a) picks up the ball and throws over the stumps at the bowlers end. Group (b) is to bowl to the WK and follow through normally to marker (M1) and then quickly return to the stumps to receive the throw from group (a). At the same time player (c) with a bat takes off from (M2), turns at the WK end and completes a run at the bowlers end.

The objective of the activity is for the fielding players (a) and (b) to get the bails off at the bowlers end prior to player (c) making his ground.

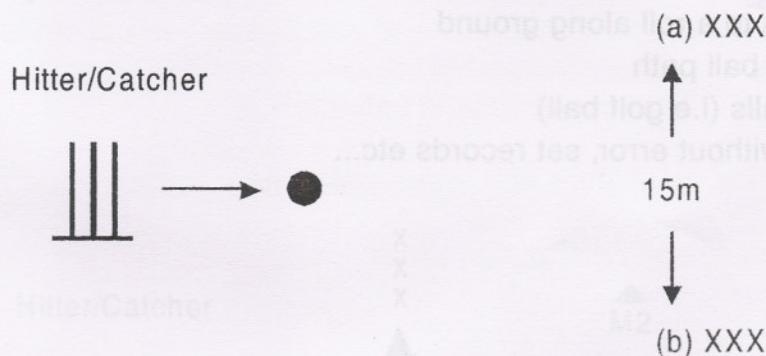


Training Drill No. 1 FIELDING

Quite a simple fielding drill, which apart from developing fielding skills, is aimed at improving team work and communication between team members in the field.

Fielders are positioned in two groups (a) and (b) who commence approximately 15m apart to replicate two adjoining fielding positions (i.e mid-on and mid-wicket).

The first two fielders from each of the groups commence walking towards the hitter. The hitter/catcher (wicket keeper may also be used) hits balls either along the ground or in the air towards the gap in between the two fielders. The fielders are to communicate between each other as to who is in the best position to receive the ball whilst the other may back up.



Training Drill No. 1 Practicing against the short ball

A skill that is often difficult to develop because of the safety factor is batting against short pitched bowling. Some options are listed below which take this into account.

- (a) Thrower from approximately 15 meters with a tennis or rubber type ball;
- (b) Thrower is assisted by the use of a tennis racquet with tennis or soft ball;
- (c) Bowling machine is used with tennis or soft ball.

- ♦ Batter may elect to pull or hook, defend or evade.
- ♦ Eventually practice attempting each of the options above.
- ♦ Check that the decision making process is clear.
- ♦ Check that the correct technique is adhered to.

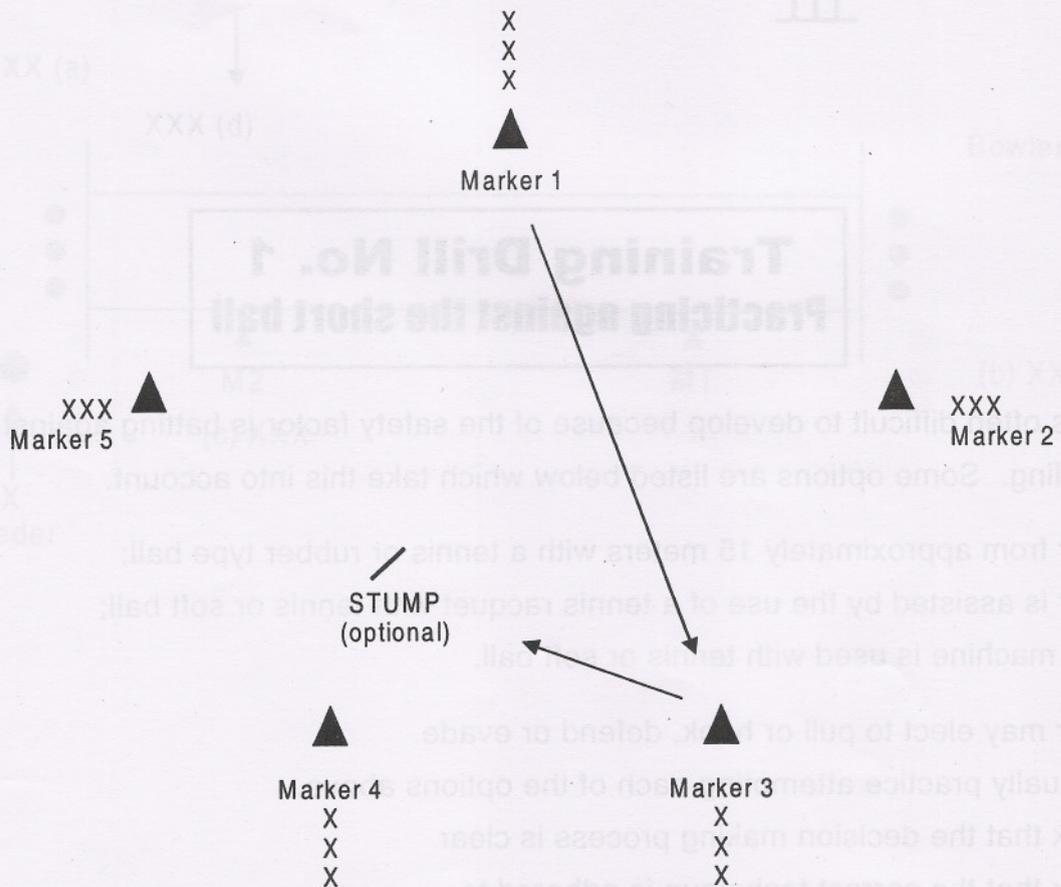
Training Drill No. 2 FIELDING

Quite a simple fielding drill which, apart from developing fielding skills, is aimed at improving team work and communication between team members in the field. Is ideal to be used in a pre-game warm up.

Quite simply position 5 markers in a circle (star) approx 7 – 10m apart from each other. Position all players evenly into 5 groups. The first player at marker 1 underarms a waist high catch to the first player at marker 3 who continues on to marker 5 etc.. (the ball will go clockwise and always miss a marker). Players throwing and receiving must call clearly to eliminate any confusion.

Variations :

- ◆ Add multiple balls
- ◆ Change direction (anti clockwise)
- ◆ Change from waist height throw to above head (jump height)
- ◆ Change from a toss to a roll along ground
- ◆ Place one stump in ball path
- ◆ Add various size balls (i.e golf ball)
- ◆ Tally possessions without error, set records etc...



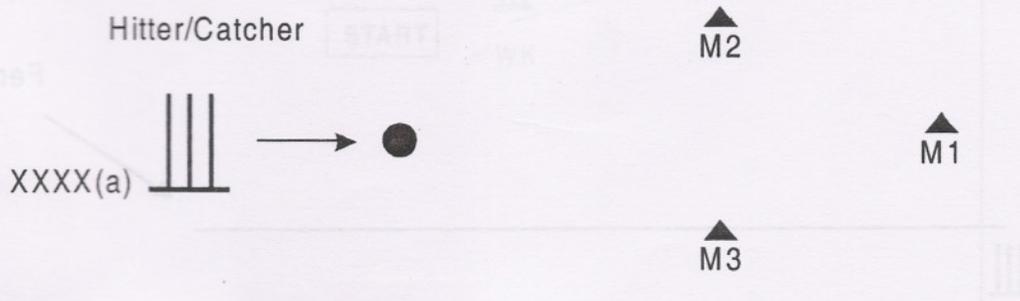
Training Drill No. 3 FIELDING

This activity combines a minor fatigue component to practicing the skills involved in picking up the ball from different positions.

The first player from group (a) is to chase the first hit ball towards M1 (marker 1), pick up, turn and throw. From there the fielder continues to start from M1 and field the next ball. From there the fielder goes to M2 and fields another ball and then completes the exercises by fielding from M3, returning the ball to the catcher and finishing at the back of the line.

For all four throws, the second player in line at group (a) is the back – up responsible for any way ward throwing.

NOTE : The ball is always hit on the same line, towards marker 1.



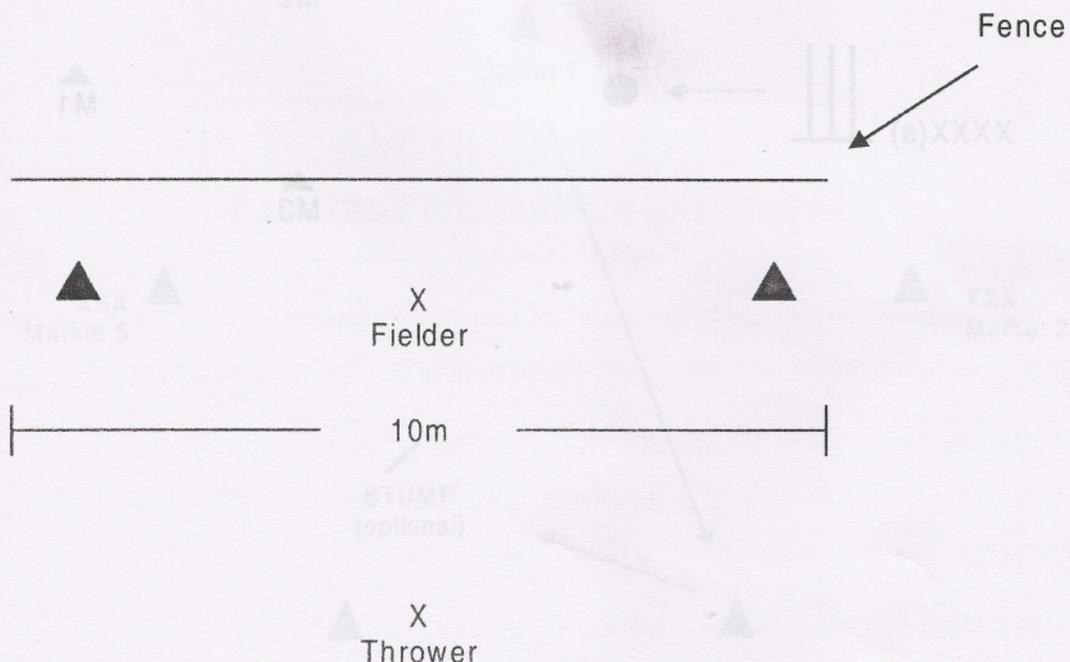
Training Drill No. 3 FIELDING

This activity is also quite basic in that you don't need much equipment or a lot of preparation time. We are developing the dive save as best demonstrated by Jonty Rhodes and Ricky Ponting.

Place 2 markers 10m apart with the fielder starting in the middle of them (X). A thrower stands 10m away and rolls the ball at various speeds and angles aiming to get the ball passed the diving fielder and into the marked area.

Variations:

- Fielder and thrower swap positions every 5 – 10 throws
- Advance from ground saves to catches (consider hitting with bat or tennis racquet)
- Add a challenging height zone on the fence to encourage vertical coverage.
- Develop ground landing techniques to hold catches.
- If no fence, use 2 back up fielders and rotate positions
- Tally individual saves to add competitive touch

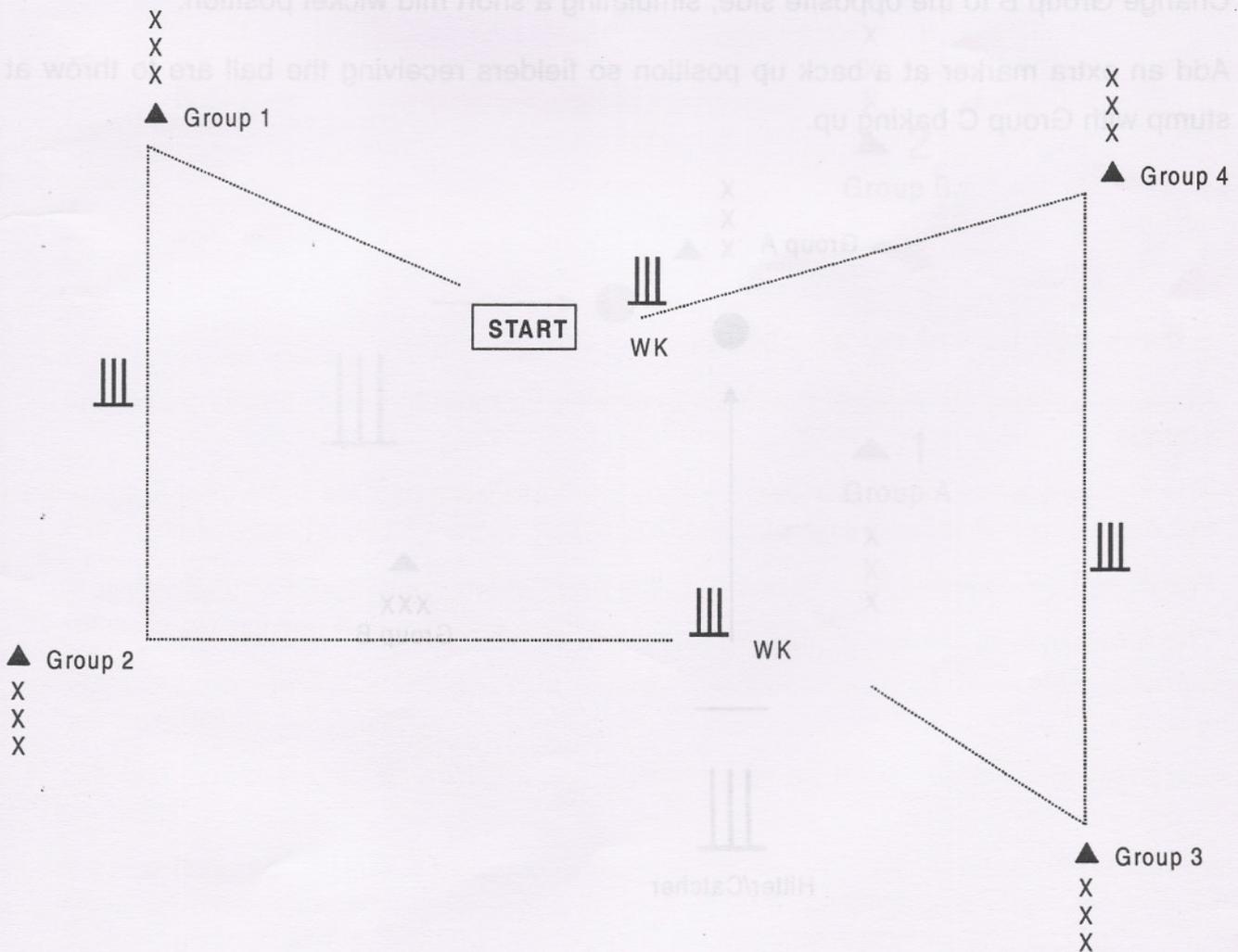


Training Drill No. 3

Ball is hit either as a catch or along the ground to the first player in Group 1 who gathers and throws at the stumps where a back-up player from Group 2 picks up and throws over the stump to a wicket Keeper/Catcher.

The balls is then rolled towards Group 3 who gathers and throws either under or overarm (depending on the distance) at the next set of stumps.

Group 4 backs and returns the ball over the stumps to the Wicket Keeper ready to start again.



Fielding Drill No. 1

Cut Off Fielding

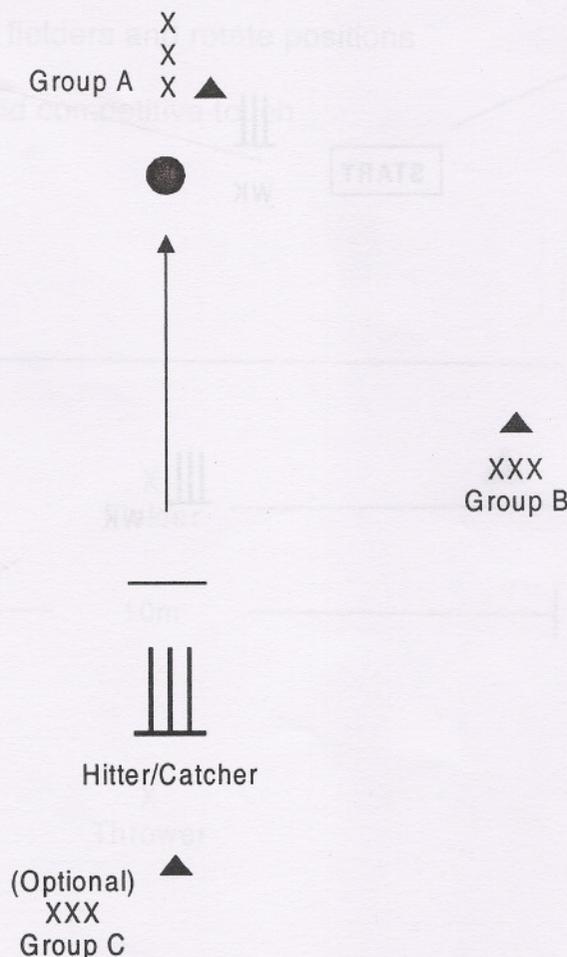
Group A starts in a simulated mid – off position with Group B in a short cover position. The hitter/catcher attempts to strike the ball just out of the reach of the player from Group B with Group A backing up if required.

Fielder from Group B is encouraged to attempt to dive and stop the ball and return it to the hitter / catcher.

Players are to rotate from Group to Group each time.

Additions:

- Change Group B to the opposite side, simulating a short mid wicket position.
- Add an extra marker at a back up position so fielders receiving the ball are to throw at the stump with Group C backing up.



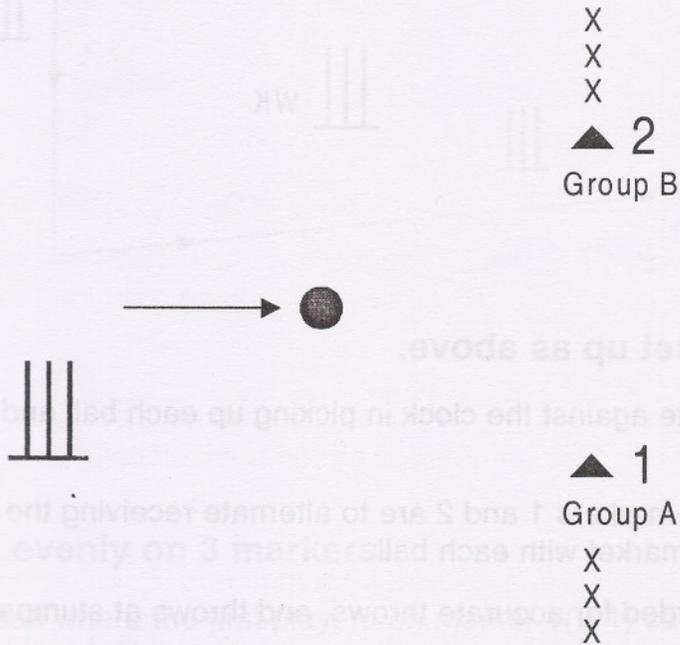
Fielding Drill No. 2

Simple Triangle

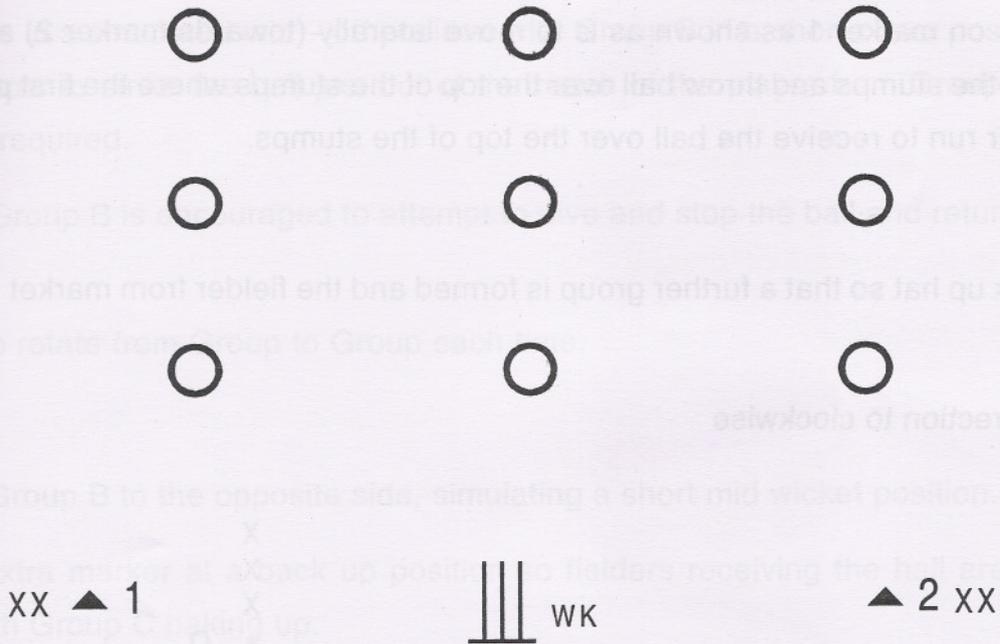
Group A begins on marker 1 as shown as is to move laterally (towards marker 2) and pick up the rolling ball from the stumps and throw ball over the top of the stumps where the first player at Group B is to time their run to receive the ball over the top of the stumps.

Additions:

- Add a back up hat so that a further group is formed and the fielder from marker 1 throws at the stump
- Change direction to clockwise



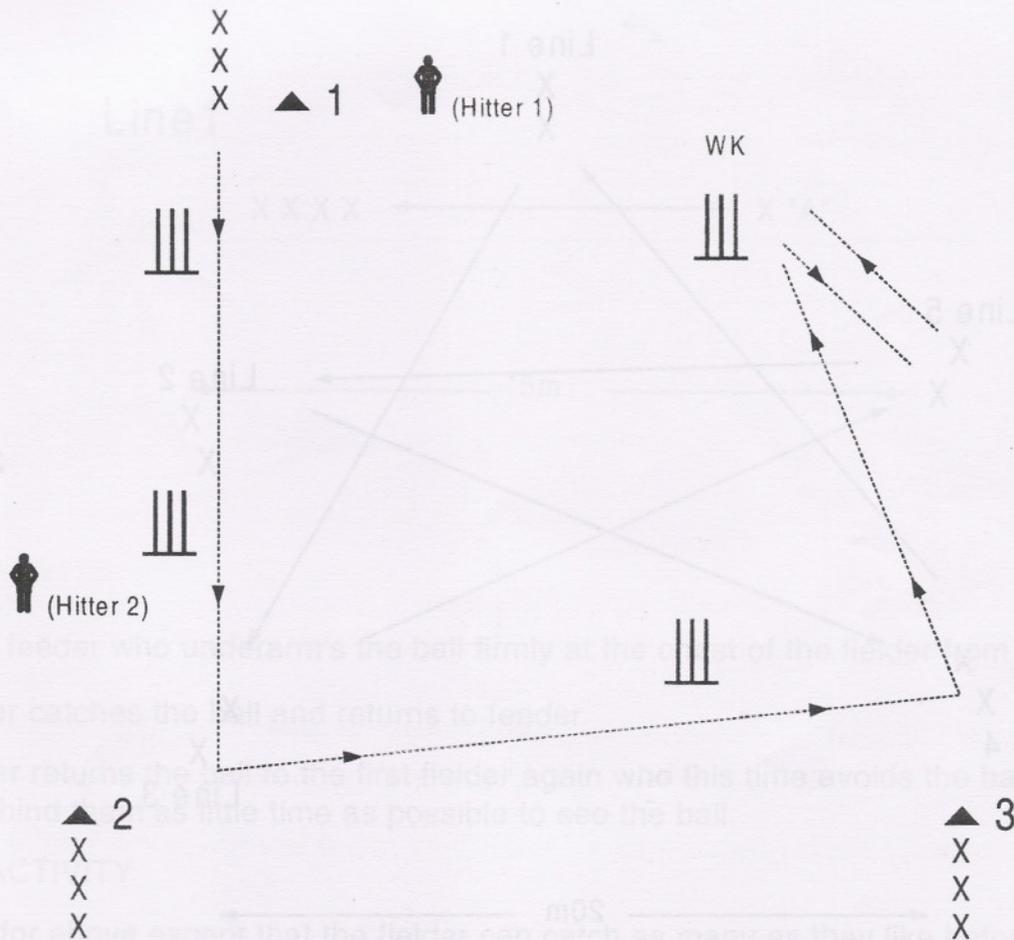
Fielding Drill No. 2 Agility



- **9 balls can be set up as above.**
- Player is to compete against the clock in picking up each ball and returning over the stumps.
- The first players at markers 1 and 2 are to alternate receiving the balls over the stumps but must return to market with each ball.
- Points can be awarded for accurate throws, and throws at stumps (to right)
- The first player at marker 3 picks up and throws.

Fielding Drill No. 1

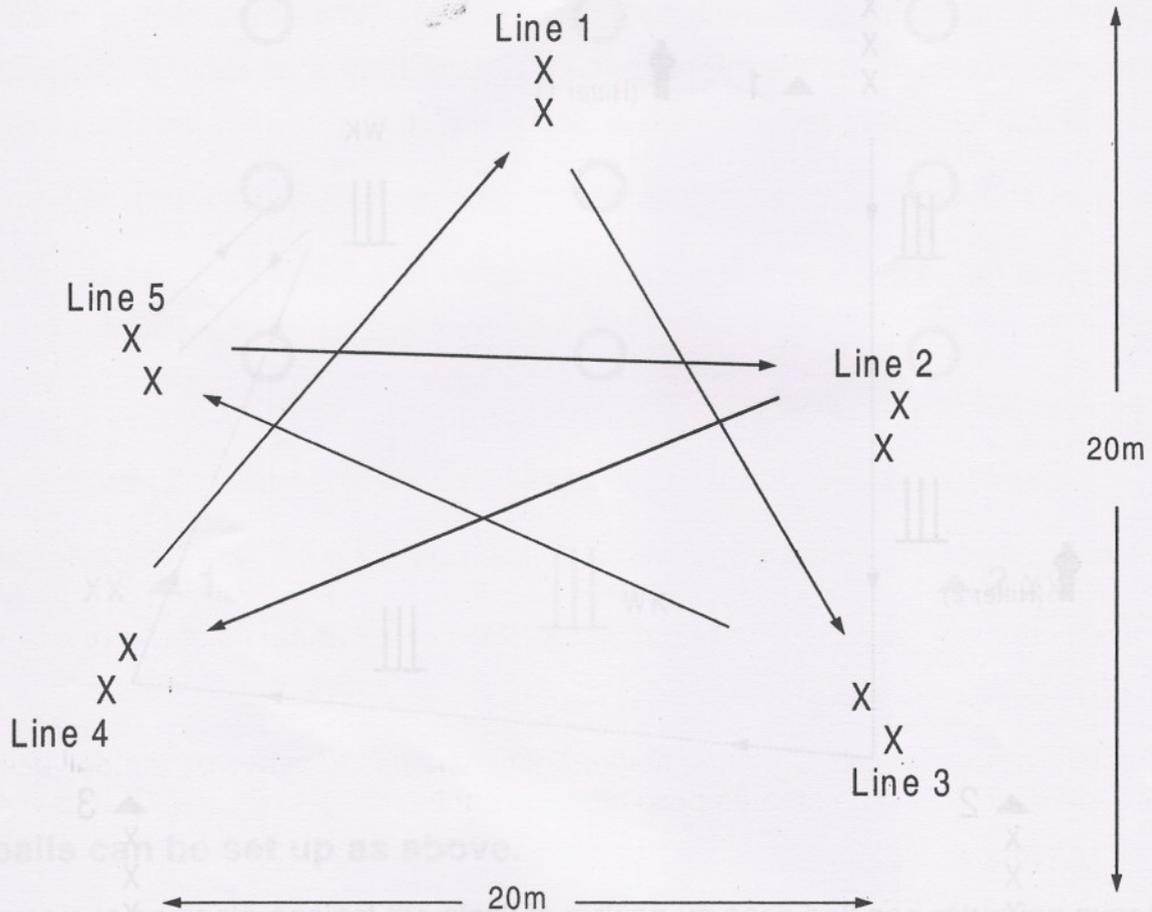
Fielding - Various



- **Players spread evenly on 3 markers.**

- Hitter 1 hits a sky ball where the first players on marker 1(▲1) catches the ball and continues on to bowl that ball at the second set of stumps.
- Just after release, Hitter 2 hits a return catch to the bowler (the bowler then returns the ball to Hitter 2).
- The first player at marker 2 attacks the "bowled" ball and picks up and throws at stumps (to right).
- the first player at marker 3 picks up and throws to the WK over the top of the stumps: he/ she then follows through to receive a short to middle distance catch from the WK. The ball is then returned to the WK and then passed on to Hitter 1 and so on.

Drill No. 2



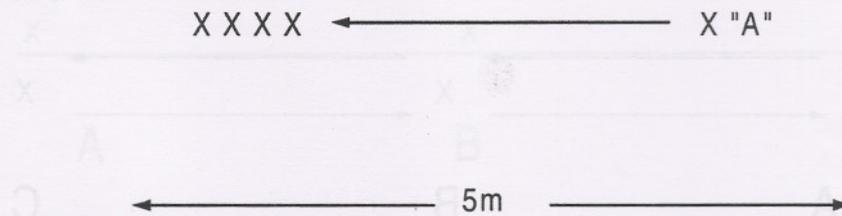
1. Line 1 throws the ball to the group second from their left. Each group follows the same pattern i.e. Line 1 throws to 3, line 3 to 5, line 5 to 2, line 2 to 4, line 4 to 1 etc.
2. Players run through to the end of the line to which they have thrown.

EXTENSION ACTIVITY

As proficiency increases introduce more balls.

Drill No. 3

Line 1

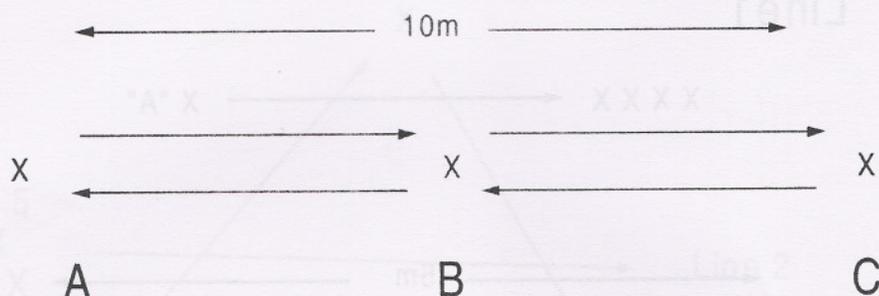


1. "A" is the feeder who underarm's the ball firmly at the chest of the fielder from line 1.
2. The fielder catches the ball and returns to feeder.
3. The feeder returns the ball to the first fielder again who this time avoids the ball giving the fielder behind them as little time as possible to see the ball.

EXTENSION ACTIVITY

1. Same as for above except that the fielder can catch as many as they like before avoiding. This decreases the predicability for the second fielder.

Drill No. 4



1. Both "A" and "C" have a ball.
2. "A" feeds the ball to "B", "B" catches, returns the throw and spins to face "C".
3. As "B" is completing the turn, "C" feeds the ball to "B".
4. "B" catches the ball and returns it to "C" and spins ready to receive the ball from "A", etc.

EXTENSION ACTIVITY

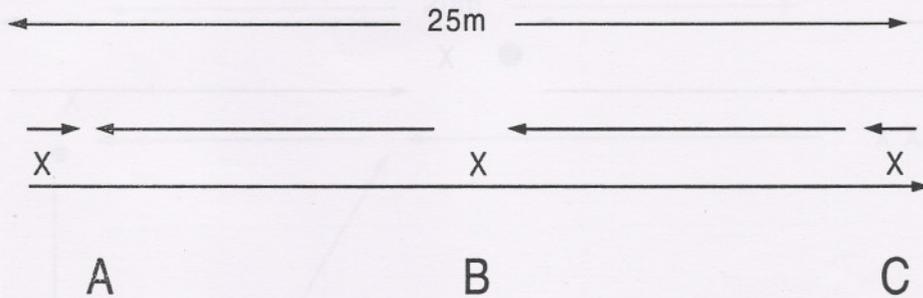
"A" throws the ball to be caught at knee height while "C" throws this ball to be caught above head height.

1. Line 1 throws the ball to the group second from their left. Each group follows the same pattern. (e.g. Line 1 throws to 3, line 3 to 5; line 5 to 2, line 2 to 4, line 4 to 1 etc.)
2. Players run through to the end of the line to which they have thrown.

EXTENSION ACTIVITY

As proficiency increases introduce more balls.

Drill No. 5

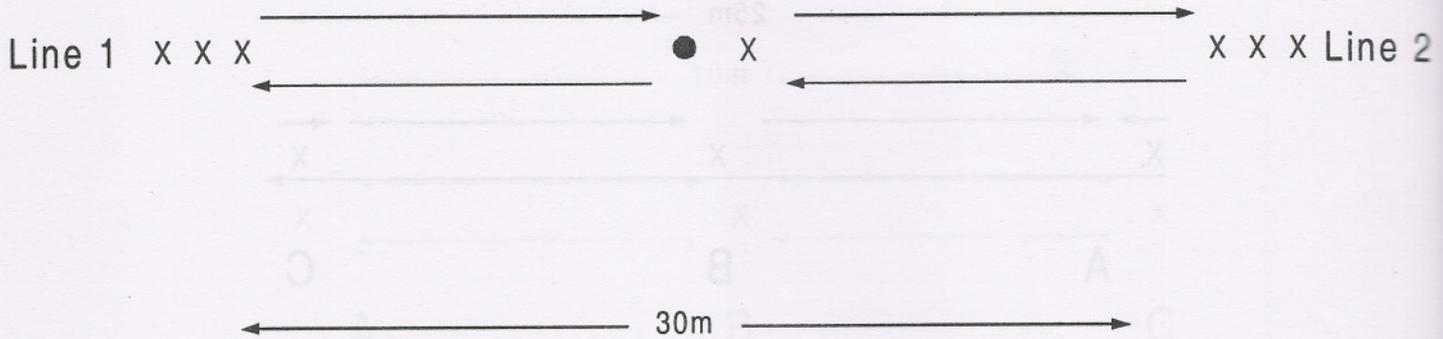


1. Both "A" and "C" have a ball.
2. "A" dribbles the ball a short distance out of their hand for "B" to run forward and underhand flick the ball back to "A".
3. As 'B' is completing the return, 'C' dribbles the ball a short distance out of their hand for 'B' to turn, run forward underhand flick the ball back to 'C'.
4. 'B' turns once again to field the ball fed from 'A' etc.

EXTENSION ACTIVITY

As soon as 'A' or 'C' receive the ball, they dribble the ball out and must complete three push ups, return to standing to receive the flick from 'B', dribble the ball out, three push ups etc.

Drill No. 6

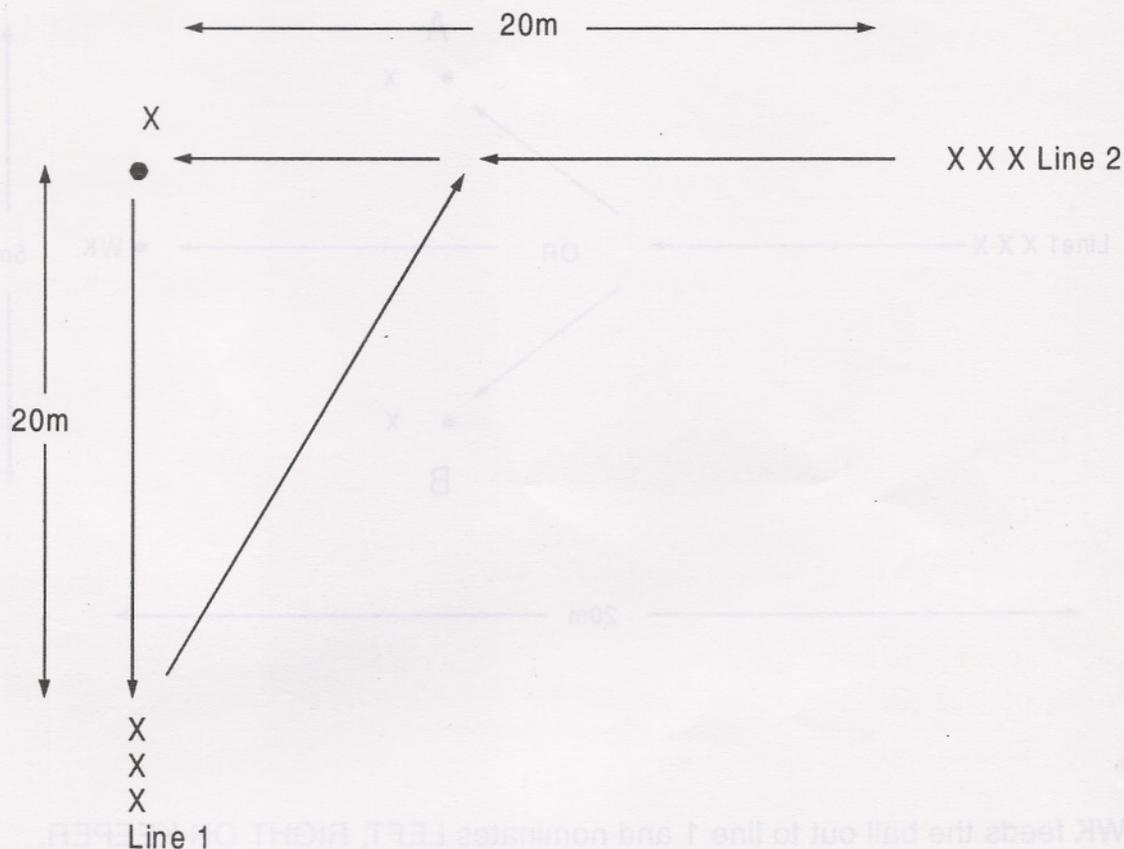


1. The player in the middle feeds the ball to line 1 and remains at the stump to receive the return underarm.
2. the player at the stump receives the ball and rolls it backwards towards line 2 and then runs forward to join line 1.
3. The fielder from the line 1 who has completed the underarm now runs to receive a throw at the stump from line2.
4. All players must complete an underarm throw to the stumps, receive a ball at the stmps and then roll the ball behind them.

EXTENSION ACTIVITY

The coach will nominate RUN OUT or NO RUN OUT. In the run out situation, the receiver takes the ball after it has passed the stump whereas in the non run out situation they ensure the ball does not get an opportunity to hit the stumps.

Drill No. 7



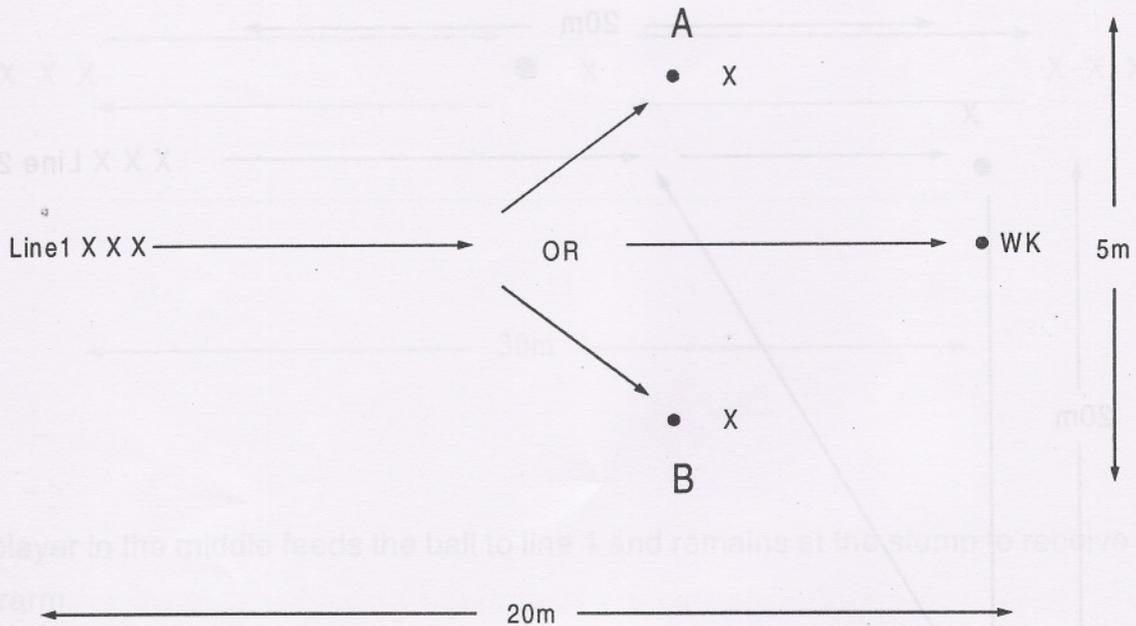
As for DRILL SIX above except.

1. Once the feeder has rolled the ball to line 1 they immediately run to the back of line 1.
2. The fielder from line 1 runs forward, fields the ball and underarm's the ball to the receiver from line 2 and continues to the back of line 2.
3. The receiver from line 2 (who do not begin their run until the ball is being fielded) receives the ball on the run and attempts to complete the run out at the stumps, then feeds the ball to line 1 and joins the back of this line.

EXTENSION ACTIVITY

Change the direction of the drill to practice different directions and angles.

Drill No. 8



1. The WK feeds the ball out to line 1 and nominates LEFT, RIGHT OR KEEPER.
2. The first fielder runs forward to make an underarm throw to the left or right or an over arm throw to the keeper. They replace the fielder they have thrown to or return to the end of the line if they have returned direct to the WK.
3. If the ball is fed left or right, these fielders must then make a run out throw at the keepers and then run to the end of line 1.

EXTENSION ACTIVITY

The keeper may roll the ball very short (it should stop before getting to the fielder) and call for BOWLERS END where the fielder runs forward, performs a slide turn and returns to the next fielder who takes the throw and then makes a run out throw at the WK end. Both go to the end of the line.