

CATCHING - "CLOSE" (1.7)

Description: this skill is used when a fielder is positioned close to the batter and requires quick reactions

Coaching Points

- KNEES FLEXED (approximately shoulder width apart, weight evenly distributed)
- HANDS TOGETHER (fingers pointing down)
- WATCH THE BALL
- "GIVE"



CATCHING - "IN THE DEEP" (1.12 & 1.13)

Description: this skill is used when fielding some distance away from the batter and requires good judgement

Coaching Points

- MOVE QUICKLY BALANCED & LOW
- HEAD STEADY WATCH THE BALL
- HANDS RELAXED & READY (Prepared at or just above eye level - orthodox. Prepared above eye level - reverse)
- CATCH AT OR JUST BELOW EYE LEVEL - ORTHODOX
- CATCH ABOVE EYE LEVEL - REVERSE
- "GIVE"

ORTHODOX



REVERSE



THROWING (1.4) STANDING THROW

Coaching Points

- GRIP ACROSS SEAM
- LONG STRIDE & BACKSWING WITH WRIST ROTATION



- THROWING ELBOW SHOULDER LEVEL/ABOVE



- BACK LEG TRAILS UNTIL AFTER RELEASE

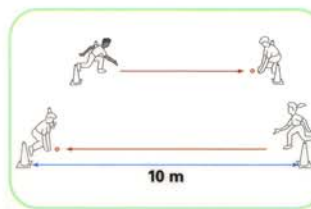


- FULL FOLLOW THROUGH



LONG BARRIER & THROWING

Teach Long Barrier in a stationary position before teaching throwing and then combining them in the recommended sequence of:



Organisation

- Underarm service
- 5 goes each
- Target for bounce throw
- "Bobble" feed for more difficulty
- Game (e.g. adapt Activity 2, page 1.27)

LONG BARRIER AND THROWING (1.26)

Description: this skill is used when a ball has been struck hard and low or on a rough outfield, and a second line of defence is required.

Coaching Points

- BALANCED & LOW APPROACH
- BARRIER AT 90° TO PATH OF BALL
- KNEEL ON NON-THROWING KNEE NEXT TO HEEL OF THROWING FOOT
- HEAD OVER THE BALL FINGERS POINTING DOWN
- HANDS TOGETHER WATCH THE BALL
- STRONG THROWING POSITION ESTABLISHED



side view

front view

INTRODUCTION TO THROWING (1.3)

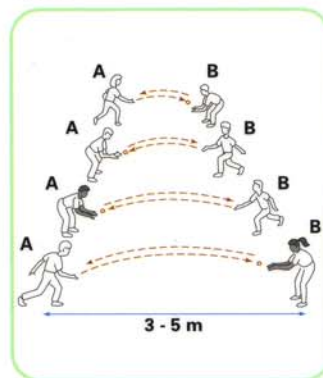
Coaching Points

- WRIST FLICK (3 metres to target) FLICK WRIST & FINGERS BOUNCE BALL TOWARDS TARGET
- ELBOW FLICK (5 metres to target) FLICK ELBOW, WRIST & FINGERS BOUNCE BALL TOWARDS TARGET
- UPPER BODY ROTATION (10 metres to target) KNEELING ON THROWING KNEE HIGH ELBOW, FULL FOLLOW THROUGH



CATCHING

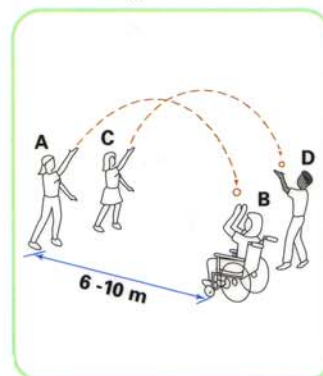
Close



Organisation

- Partner catch
- Straight, right, left, vary
- Different heights
- "Mixed Service"
- Game (e.g. Activity 1, page 1.8)

In the deep



Organisation

- Continuous catching (e.g. Activity 4, page 1.14)
- Different heights
- Service to draw catcher forwards
- Catcher stands closer and service to send catcher backwards
- "Mixed Service"