High Catching / Outfielding Drill One – Continuous Square Drill

- Players will be divided into 2 groups and stand on 2 opposite corners.
- 2 Coaches will place themselves on two remaining corners.
- Coaches will aim to hit a high catch in between the players group and the other coach. Both coaches will hit at the same time.
- The front player from each group will attempt to take the catch.
- When players do catch the ball, they run around the coach that did not hit them the ball, drop the ball at his feet, and proceed to the opposite line.

To change this drill up, coach can alternate between hitting high catches and ground balls.

Coaching Points:

- Whichever way boys chose to take the high catch (palms in / out), ensure that they are catching the ball in front of their eyes.
High Catching / Outfielding Drill Two – Field / Run Out Drill

- Players will be divided into 2 groups.
- High catch is hit from coach to players at marker A.
- Once catch is taken, ball is thrown into stumps, which have been manned by players from marker B.
- After taking the catch at the stumps, the player from marker B rolls the ball back into the centre of the drill, which is then picked up by the player that took the high catch, and returned to the keeper, standing next to the coach.
- Players join the back of the opposite line.

Diagram