The Scots College

FIELDING SKILLS TEMPLATE

Katchet Drill One – Front On Catching

- Players will be stationed 8 – 10m away from the Katchet, directly in front of it.
- Player will walk in 2 or 3 steps and take a catch from a thrower off the Katchet.
- After each catch, player will return to the back of the line.

Diagram

- Hands in a catching position as player is walking in.
- Knees bent in “power” position prior to catch. Ensure feet not to far apart.
- Catch ball out in front
- Ensure that the players’ hands and head are in the same line as the ball whenever possible.
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FIELDING SKILLS TEMPLATE

Katchet Drill Two – Reaction Catching

- Players will be stationed only 2 - 3m away from the Katchet, directly in front of it.
- Player remains in one spot and takes catches from a thrower off the Katchet.
- Player continues to catch until they drop a ball or catch 10 in a row. Player then returns to the end of the line.

Diagram

Diagram 2 – 3m away

Player receives short “reaction” catches

Coaching Points

- Hands in catching position prior to taking the catch.
- Knees bent in power position. Ensure players feet are not too far apart.
- Take the ball out in front.
- Ensure that players’ hands and head are in the same line as the ball, wherever possible.
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FIELDING SKILLS TEMPLATE

Katchet Drill Three – Diving Catch to Right

- Players will be stationed 8 – 10m away from the Katchet, and 2 – 3m left of centre.
- Player walks in 2 or 3 steps towards the Katchet, and takes the catch from thrower. The throw may or may not make the player dive.
- Player then returns to back of line, but on way back, backs up any misfield by the next catcher.

Diagram

Coaching Points

- Hands in catching position prior to taking the catch.
- Knees bent in power position. Ensure players feet are not too far apart.
- Take the ball out in front.
- Ensure that players’ hands and head are in the same line as the ball, wherever possible.
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FIELDING SKILLS TEMPLATE

Katchet Drill Four – Diving Catch to Left

- Players will be stationed 8 – 10m away from the Katchet, and 2 – 3m right of centre.
- Player walks in 2 or 3 steps towards the Katchet, and takes the catch from thrower. The throw may or may not make the player dive.
- Player then returns to back of line, but on way back, backs up any misfield by the next catcher.

Diagram

Coaching Points

- Hands in catching position prior to taking the catch.
- Knees bent in power position. Ensure players feet are not too far apart.
- Take the ball out in front.
- Ensure that players’ hands and head are in the same line as the ball, wherever possible.

“Power” Position