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FIELDING SKILLS TEMPLATE

Pick Up and Throw Drill One – Under Arm Attack

- Players will be stationed 10 – 15m away from the target stump
- Thrower will be positioned at the net.
- Thrower will roll out the ball and 1st player in line will run in, pick up the ball, and underarm it at the target stump.

Diagram

Coaching Points

- Approach to be quick, with short steps.
- Low body height – stay same level throughout the approach an throw– don’t drop down at last moment / stand up tall when throwing.
- Watch ball on pick up.
- 1 or 2 hand throws – small backswing.
- Pick up ball with the same foot in front as the hand throwing the ball and slightly in front of body.
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FIELDING SKILLS TEMPLATE

Pick Up and Throw Drill Two – Over Arm Pick Up & Throw

- Players will be stationed 20 – 25m away from the target stump
- Thrower will be positioned at the net.
- Thrower will roll out the ball and 1st player in line will run in, pick up the ball, and over arm it at the target stump.

Diagram

Ball rolled out by thrower

20 – 25 m

△ Player attacks ball, picks up, and underarms at stump

Coaching Points

- Same throwing technique as for all over arm throws
- Player should be picking up the ball slightly open to target (baseball technique)
- Once ball picked up, player to get balanced (stable base), then run at and follow through towards target
Fielding Skills Template

Pick Up and Throw Drill Three – Partner Chase & Throw

- Drill performed in pairs
- Both players start in line with target stump. One player rolls 15 – 20m out.
- Both players chase. One player picks up the ball and underarms backwards to partner who has followed them.
- Partner then has an over arm shot at the stump.

Diagram

Coaching Points

- Players to communicate – position/distance
- Cot off fielder to be slightly side on, with same foot as throwing hand towards fielder and hands held high.
- Cut off fielder to line themselves up in a straight line with target.
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FIELDING SKILLS TEMPLATE

Pick Up and Throw Drill Four – Cross Over / Run Around Throws

- 2 cones, set up 10m away from target stump, with one marker 5m to right of centre, and another marker, 5m to left of centre. All players line up behind one of the marker.
- Ball rolled to centre of marker by a thrower.
- Players attempt to cut off ball and use either a “crossover throw” or a “run around throw” depending on their throwing hand.
- Once they have had a shot at target stump, boys line up behind marker on opposite side of drill and attempt drill from other side once everyone has had a go.

Diagram

Coaching Points

- **Crossover throw**: (only time we use this throw is when quick run out needed as it requires thrower to throw off balance)
  - Stay low
  - Shorter Throws – use opposite foot (front) to hand on pick up; take a step then release.
  - Longer Throws – use same foot (front) as hand on pick up; take 2 steps before releasing
  - Front leg and throwing arm work together
  - Aim slightly behind your target (momentum takes your throw forward)
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- **Run Around Throw:**
  - Once the ball has been picked up, pivot so that your body is now in side on to the target, and set 2 feet on the ground.
  - Throw ball at the target as per all other over arm throws.
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