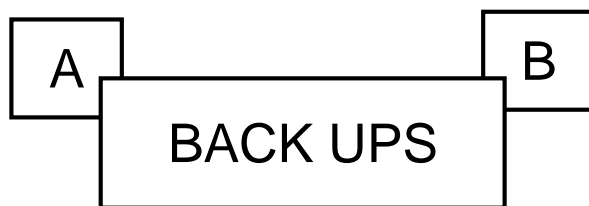
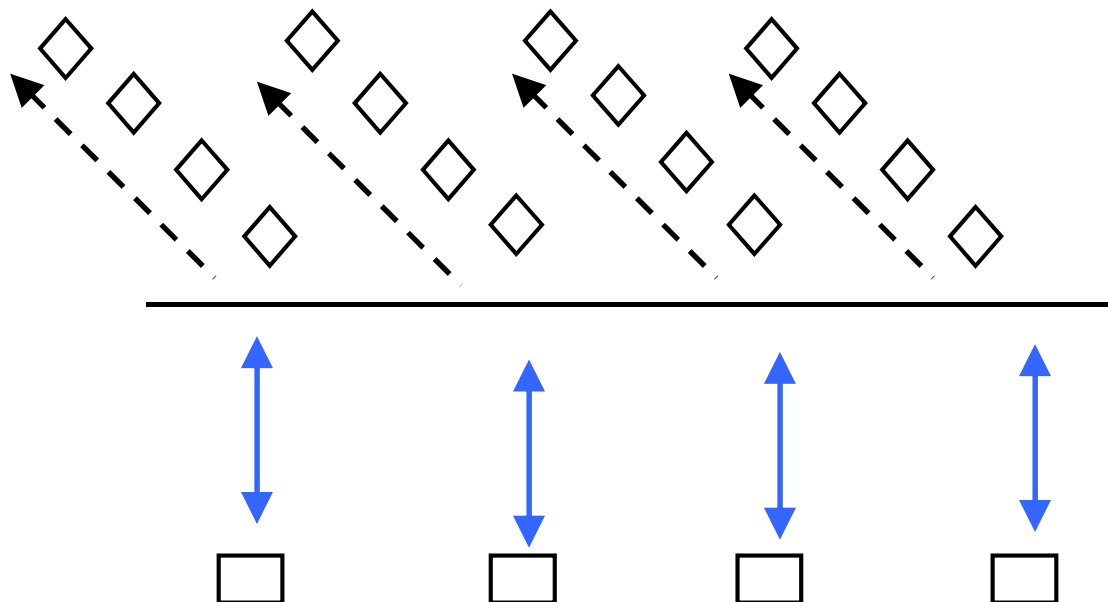
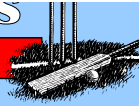


RAPID FIRE CATCHING GAME



THIS IS A RAPID FIRE SKILL GAME WHICH FILLED WITH PRESSURE AND ADRENALIN.....



## RAPID FIRE CATCHING GAME

### SKILLS

CATCHING RELAXATION SKILLS

### SYNOPSIS:

1. USE CRICKET OR TENNIS BALLS
2. SEPARATE GROUPS OF FIELDERS COMPETE AGAINST EACH OTHER IN A CONTEST TO COMPLETE 5 LAPS IN THE FASTEST TIME
3. EACH GROUP HAS A BATTER WHO HITS RAPID FIRE TO THE LEAD FIELDER
4. FIELDERS CATCH THE BALL AND RETURN THE BALL TO THE BATTER QUICKLY GETTING OUT OF THE WAY AND RETURN TO THE BACK OF THE QUEUE
5. PLAYERS USE ALTERNATE SKILLS AND REPEAT 5 TIMES

EMPHASISE THAT THIS IS A SKILL EXERCISE AND AN AEROBIC EXERCISE

## MAXIMUM 5 PLAYERS PER GROUP



STUMPS



KEEPER



BALL PATH

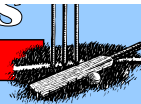


PLAYERS

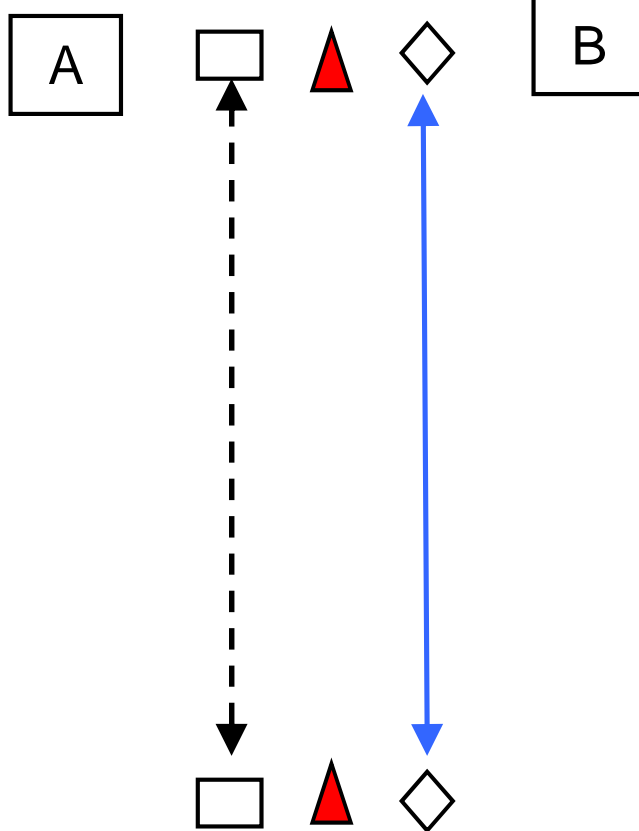
BATTER

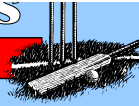


PLAYER  
PATH



RBW v CATCH





## RBW v CATCH

### SKILLS

SLIDING TO PICK UP A CHASED GROUND BALL

### SYNOPSIS:

1. USE CRICKET BALLS
2. PLAYERS COMPETE AGAINST EACH OTHER IN A GAME WHICH PUTS TWO RUNNERS ATTEMPTING TO RUN THREE RUNS AGAINST TWO OTHER PLAYERS THROWING THE BALL TO EACH OTHER
3. BATTERS (A) RUN A THREE
- 4..FIELDERS (B) COUNT THEIR THROWS ACHIEVED DURING THE RUNNING CYCLE
5. PLAYERS ALTERNATE SKILLS AND REPEAT 5 TIMES
6. VARIATION HAVE A SPARE RESTING PAIR

EMPHASISE THAT THIS IS A SKILL EXERCISE AND AN AEROBIC EXERCISE

## MAXIMUM 6 PLAYERS



STUMPS



KEEPER



BALL PATH

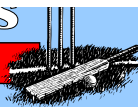


PLAYERS

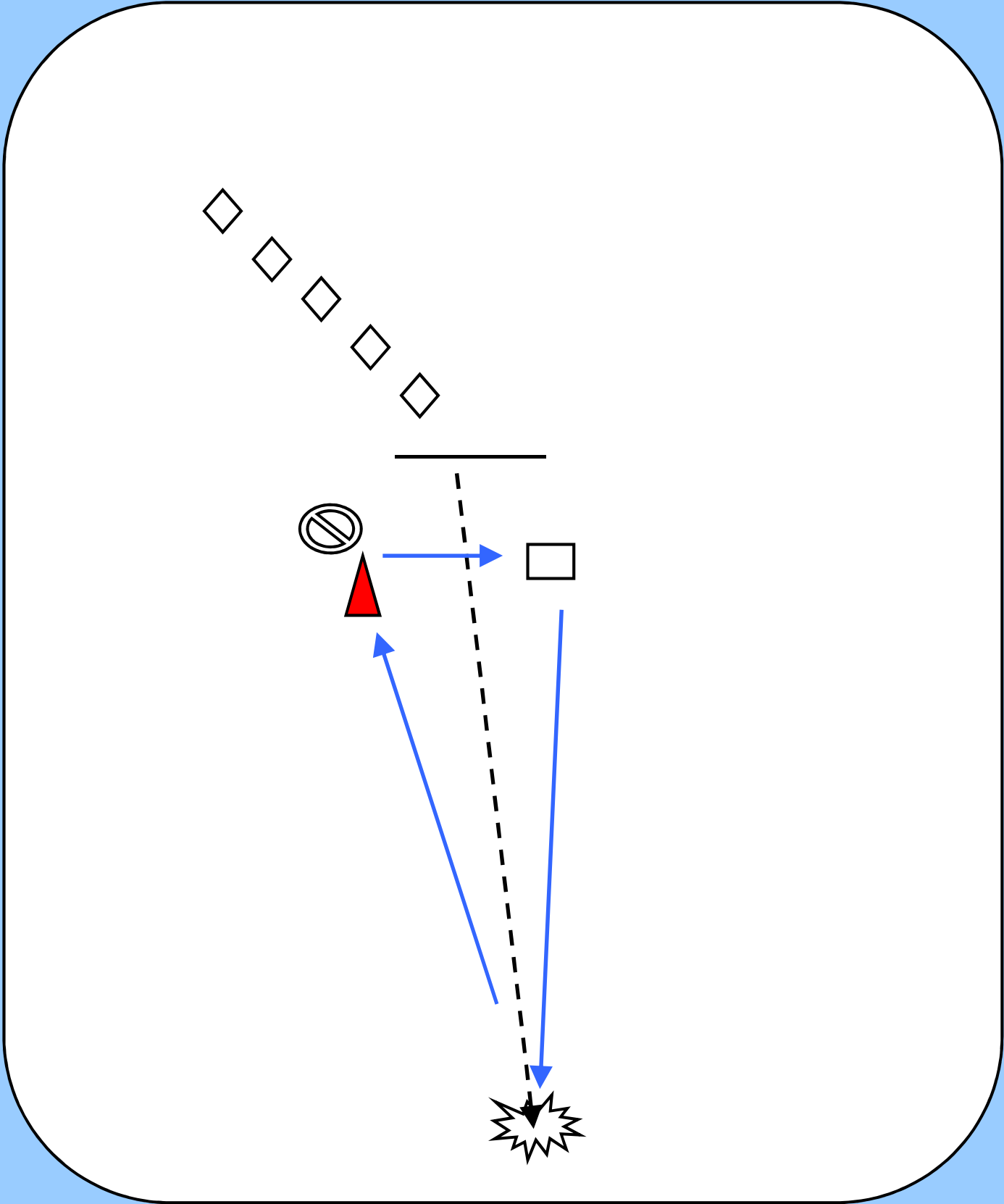
BATTER

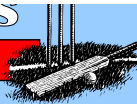


PLAYER  
PATH

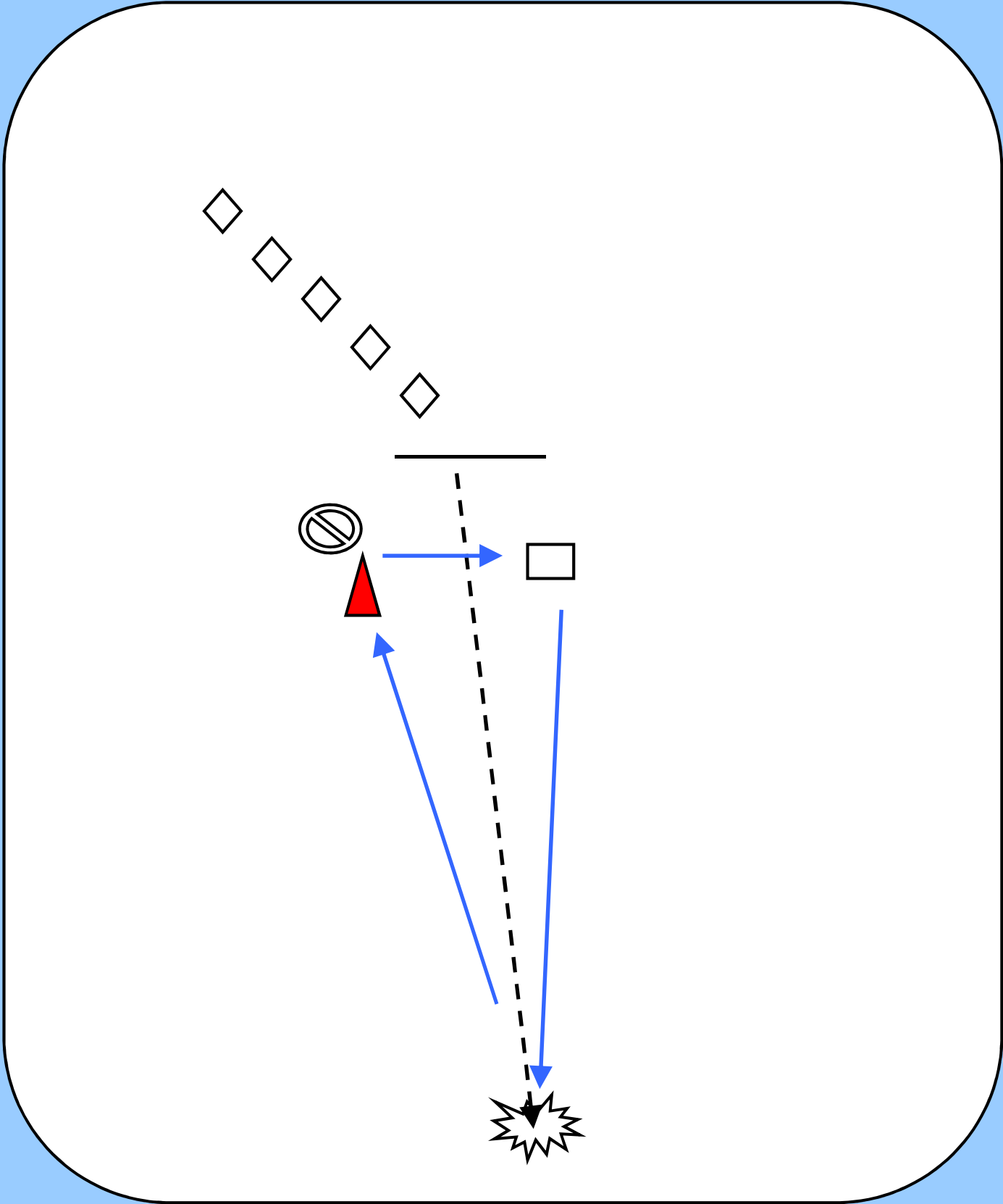


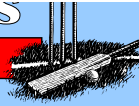
GROUND FIELDING - SLIDE





CATCHING WITH THE FLIGHT





## CATCHING WITH THE FLIGHT

### SKILLS

CATCHING WITH THE FLIGHT OF THE BALL

### SYNOPSIS:

1. USE A TENNIS RACQUET AND TENNIS BALLS
2. PLAYERS ASSEMBLE NEXT TO HITTER
3. HITTER SENDS AN AIRBORN BALL OUT APPROX 20 METRES
- 4..FIELDER ATTEMPTS TO CATCH OVER HEAD
5. FIELDER RETURNS BALL TO KEEPER

EMPHASISE THAT THIS IS A SKILL EXERCISE

## MAXIMUM 6 PLAYERS



STUMPS



KEEPER



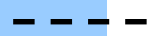
BALL PATH



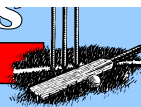
PLAYERS



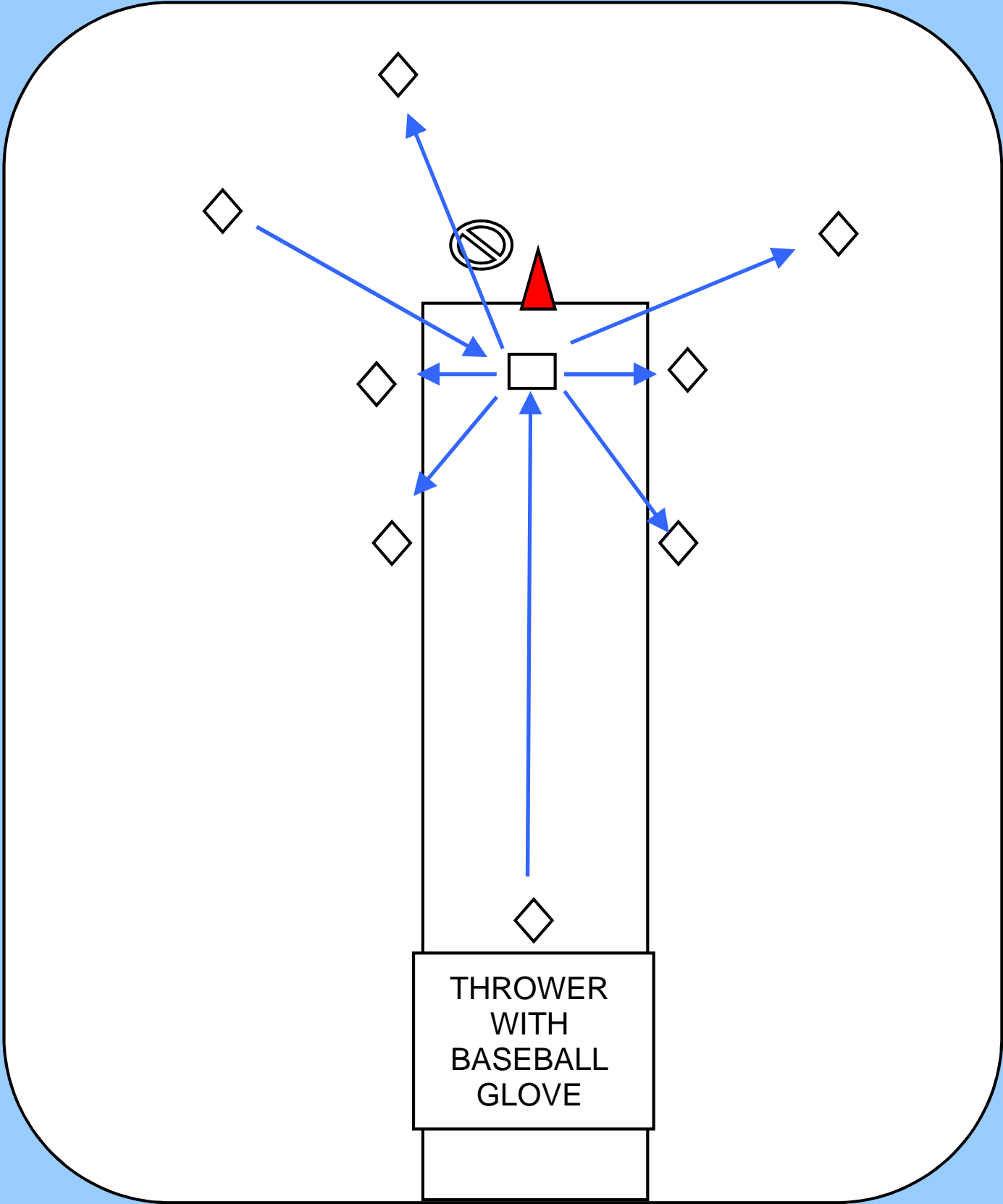
BATTER

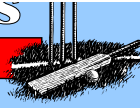


PLAYER  
PATH



AROUND THE BAT CATCHING





## AROUND THE BAT CATCHING

### SKILLS

CLOSE IN REFLEX CATCHING

### SYNOPSIS:

1. USE CRICKET OR TENNIS BALLS
2. PLAYERS INTO ATTACKING CLOSE IN FIELDING POSITIONS
3. THROWER CURLS DOWN SOME SPINNERS
4. BATTER TRIES TO FEND OFF SPIN AND WILL GET SOME NICKS
5. PLAYERS CATCH THE BALL OF COURSE AND RETURN A HARD THROW BACK TO THROWER

EMPHASISE THAT THIS IS A SKILL EXERCISE

## MAXIMUM 9 PLAYERS



STUMPS



KEEPER



BALL PATH



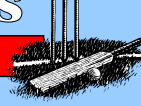
PLAYERS



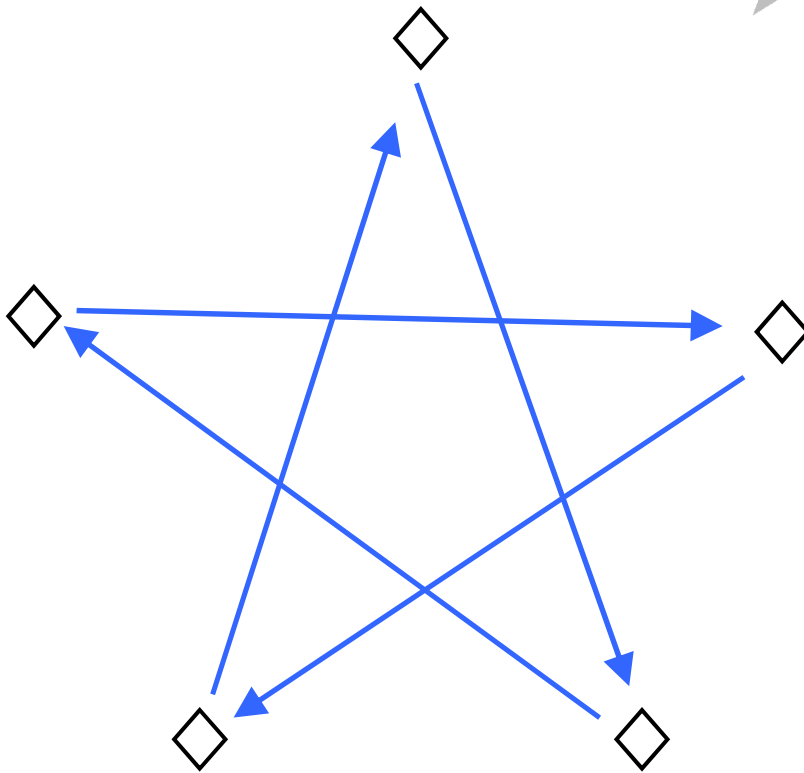
BATTER

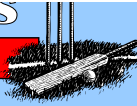


PLAYER  
PATH



FIVE STAR





## FIVE STAR

### SKILLS

REFLEX CATCHING AND THROWING

### SYNOPSIS:

1. GROUP OF 5 PLAYERS IN A 5 METRE CIRCLE
2. START WITH ONE BALL AND PROGRESS TO FOUR
3. FOLLOW THE BALL PATH TO THE SECOND PLAYER TO THE LEFT
4. 5 MINUTE EXERCISE

EMPHASISE THAT THIS IS A SKILL EXERCISE

## MAXIMUM 5 PLAYERS



STUMPS



KEEPER



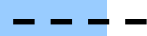
BALL PATH



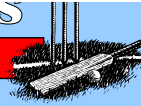
PLAYERS



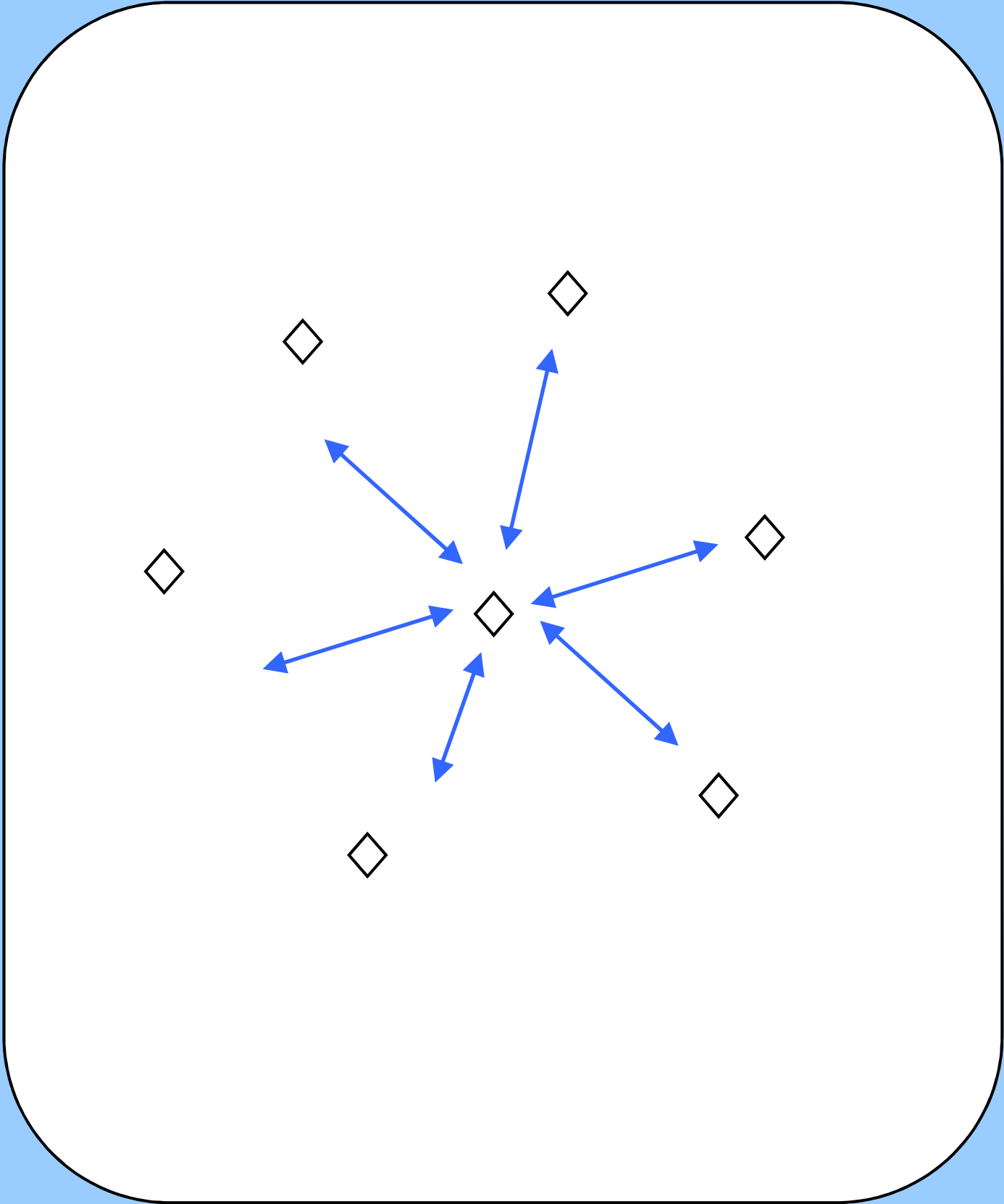
BATTER

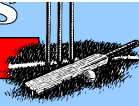


PLAYER  
PATH



POWER CATCHING





## POWER CATCHING

### SKILLS

REFLEX CATCHING AEROBIC FITNESS


### SYNOPSIS:

1. GROUPS OF PLAYERS IN A 5 METRE CIRCLE METRES APART
2. ONE PLAYER IN THE MIDDLE ATTEMPTS TO CATCH A BALL FROM CIRCLE PLAYERS
3. THE SOLE PURPOSE IS TO GET THE PLAYER OFF HIS FEET WITH DIVING CATCHES
4. TEN CONSECUTIVE CATCHES TO BE CAUGHT BEFORE CHANGING

ABSOLUTELY NO MOZZING ALLOWED

EMPHASISE THAT THS THIS IS A SKILL EXERCISE

## MAXIMUM 7 PLAYERS

 STUMPS



KEEPER

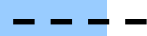


BALL PATH

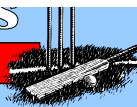
 PLAYERS



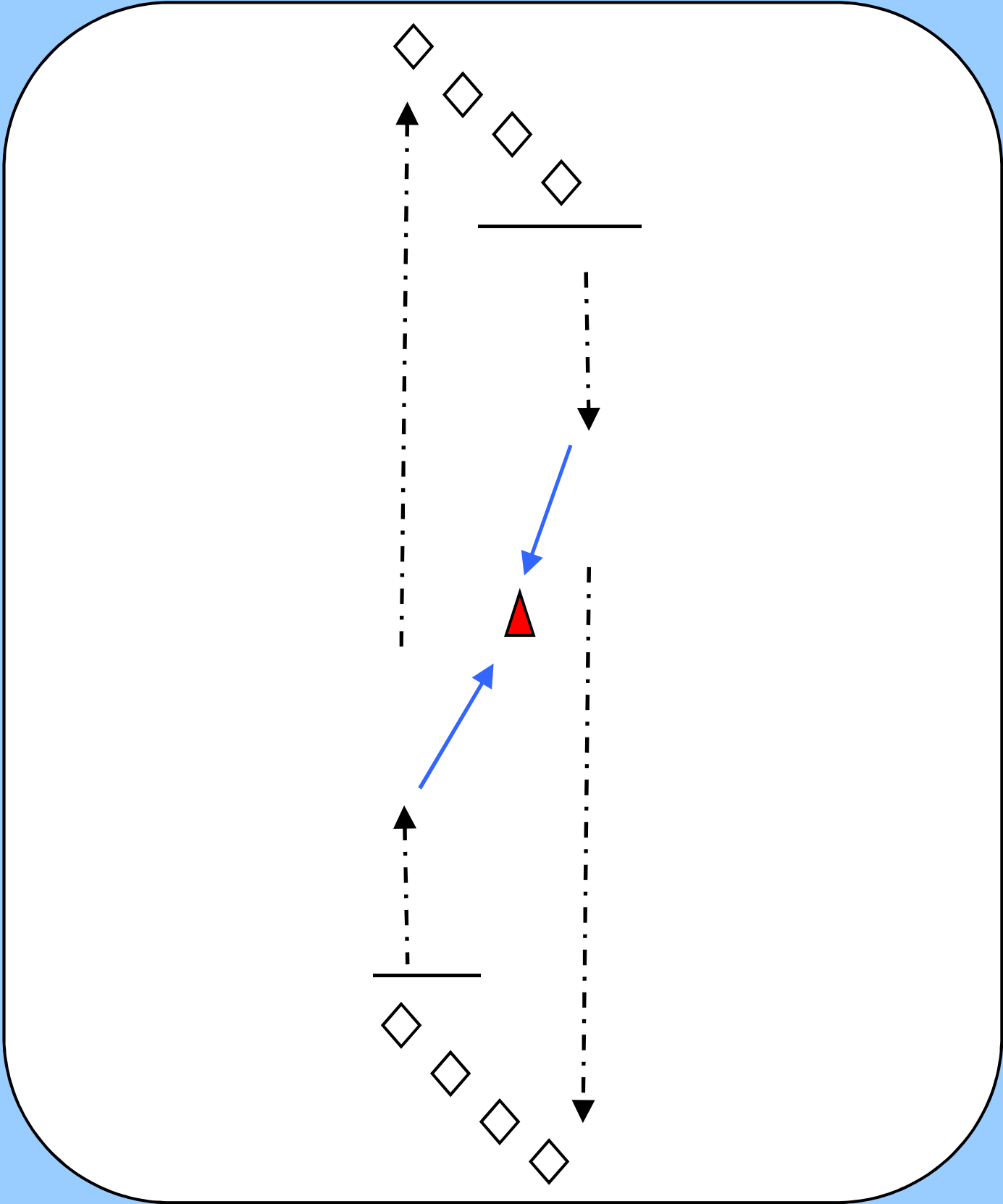
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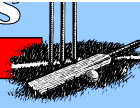


PLAYER  
PATH



FIELDING RUN THRU





## FIELDING RUN THRU

### SKILLS

THROWING & GROUND FIELDING    THROWING    AEROBIC FITNESS

### SYNOPSIS:

1. TWO GROUPS OF PLAYERS 30 METRES APART
2. HAVE A PING AT THE STUMPS AND RUN THRU TO OTHER GROUP
3. PLAYER AT OPPOSITE END FIELDS THE THROWN BALL AND REPEATS STEP 2

GOOD EXERCISE TO ATTEMPT OPPOSITE HAND THROWS

EMPHASISE THAT THIS IS AN AEROBIC SYSTEM EXERCISE

## MAXIMUM 10 PLAYERS



STUMPS



KEEPER



BALL PATH



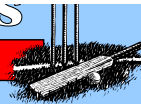
PLAYERS



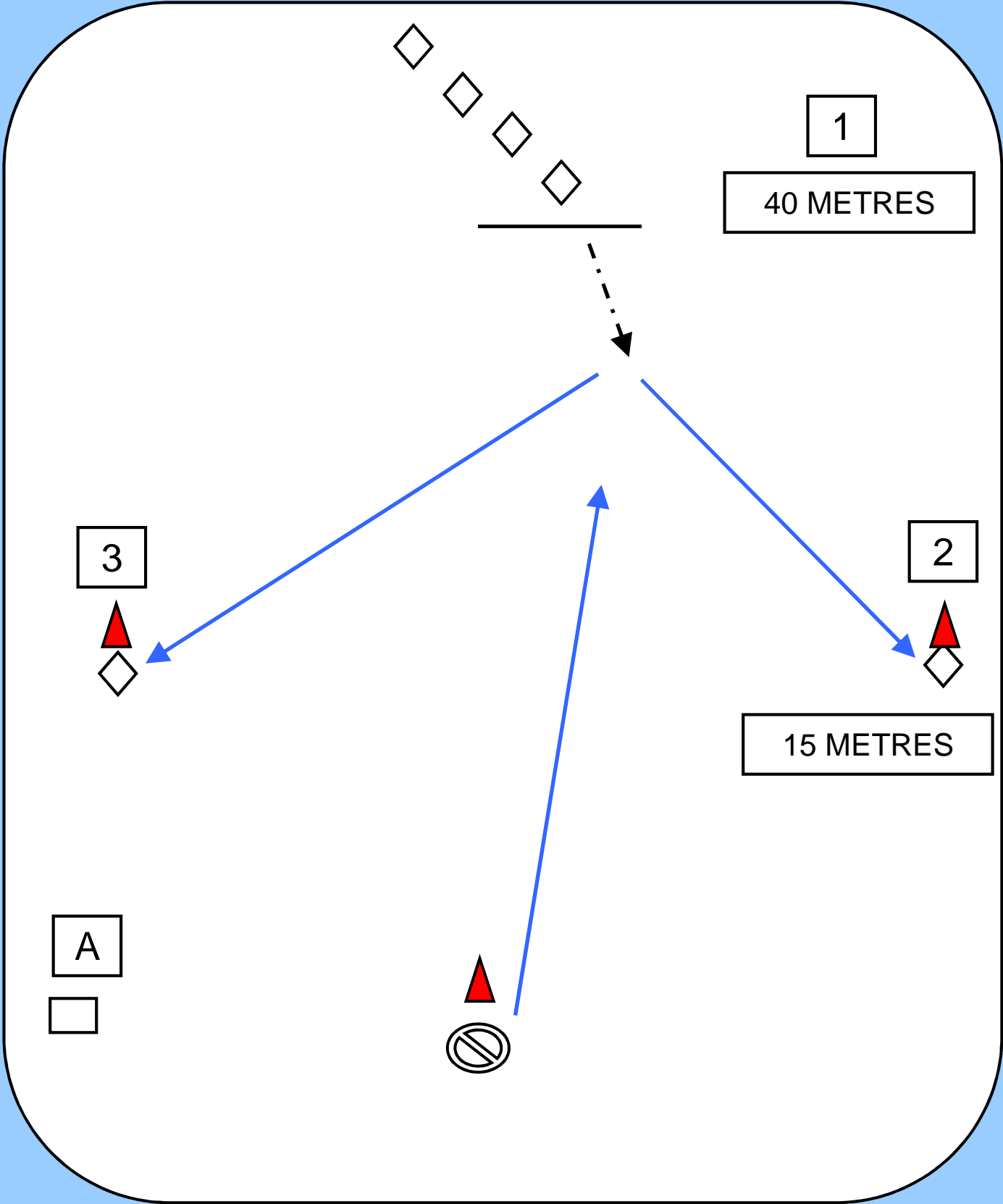
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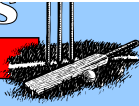


PLAYER  
PATH



DECISION THROWING





## DECISION THROWING

### SKILLS

THROWING & GROUND FIELDING DECISIONS      AEROBIC FITNESS


### SYNOPSIS:

1. KEEPER OR BATTER HITS BALL TO PLAYERS (1)
2. PLAYER GROUND FIELDS AND ON THE KEEPER'S DECISION THROWS THE BALL UNDER PRESSURE TO EITHER PLAYER 2 OR 3
3. VARIATION IS TO THROW BACK TO KEEPER
4. PLAYER RETURNS TO QUEUE
5. VARY THE LENGTH OF THROWS

GOOD EXERCISE TO ATTEMPT OPPOSITE HAND THROWS

EMPHASISE THE DIFFERENT REQUIREMENTS OF EACH POSITION  
THIS IS AN AEROBIC SYSTEM EXERCISE AND REQUIRES HARD EFFORTS....SOFT EFFORTS NULLIFY THE EXERCISE

## MAXIMUM 6 PLAYERS

 STUMPS



KEEPER

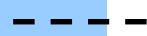


BALL PATH

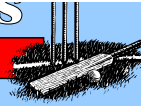
 PLAYERS



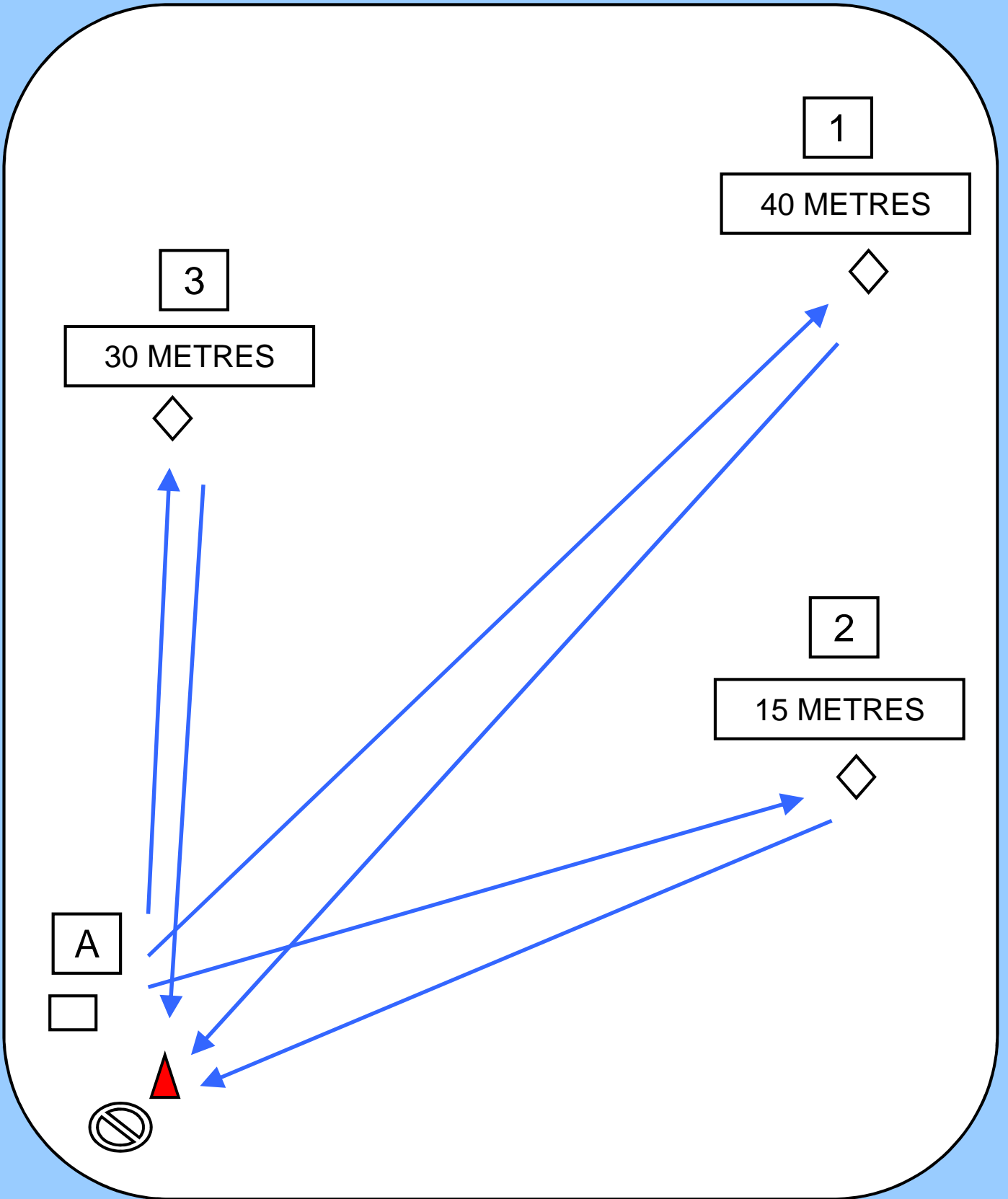
BATTER



PLAYER  
PATH



THREE MAN THROW AND CATCH



## THREE MAN THROW AND CATCH

**SKILLS** ALL FIELDING SKILLS  
 CATCHING OR GROUND FIELDING AEROBIC FITNESS

### SYNOPSIS:

1. PLAYER ONE CATCHES OR FIELDS A LONG BALL AND ATTACKS THE BALL HARD WITH FLAT HARD POWER THROW
2. SHORT AND SHARP TO THE SIDE OF THE PLAYER  
 PLAYER TASK IS TO GET THE BALL IN AS QUICK AS POSSIBLE WITH ANY THROW OR STOP
3. SIMILAR TO PLAYER 2 BALL IS HIT AWAY FROM THE LPLAYER
4. LONG CATCH AND MEDIUM THROW
5. LONG CATCH AND LONG THROW

EMPHASISE THE DIFFERENT REQUIREMENTS OF EACH POSITION  
 THIS IS AN AEROBIC SYSTEM EXERCISE AND REQUIRES HARD EFFORTS....SOFT EFFORTS NULLIFY THE EXERCISE

VARY THE HITTING BY ALTERNATING GROUND FIELDING OR CATCHING MAXIMUM THREE FIELDERS

RUN THROUGH AT LEAST 5 LAPS FOR EFFECTIVENESS WITH NO MORE THAN 6 PLAYERS



STUMPS



KEEPER



BALL



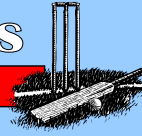
PLAYERS



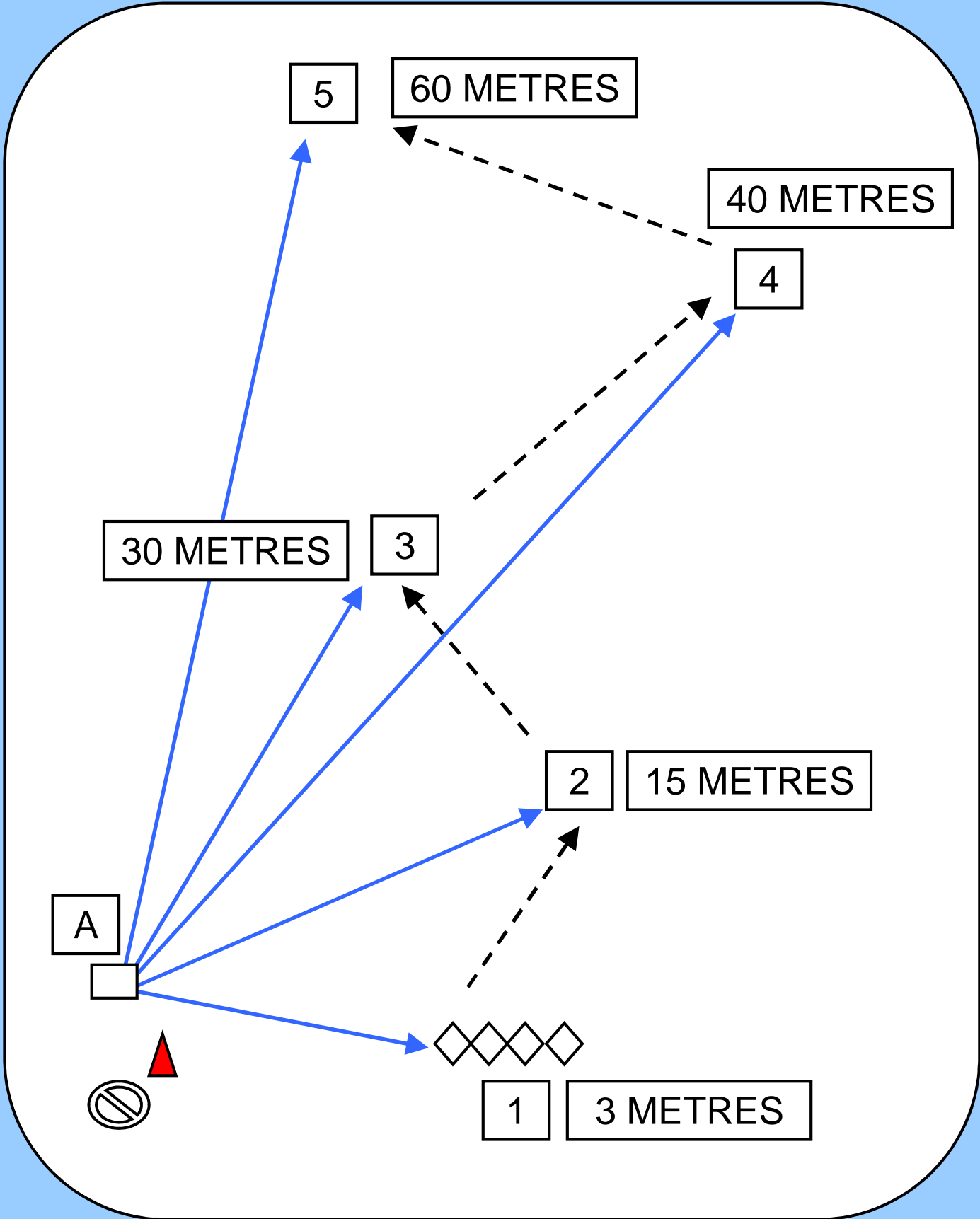
BATTER

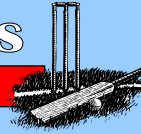


PLAYER



MULTI TASK





**MULTI TASK**

**SKILLS** ALL FIELDING SKILLS  
CATCHING OR GROUND FIELDING AEROBIC FITNESS

**SYNOPSIS:**

1. SHORT SHARP CATCH UNDER ARM RETURN
2. CATCH OR GROUND SHORT SHARP THROW
3. OVERHEAD CATCHING AND QUICK RETURN
4. LONG CATCH AND MEDIUM THROW
5. LONG CATCH AND LONG THROW

EMPHASISE THE DIFFERENT REQUIREMENTS OF EACH POSITION  
THIS IS A TRI PHOSPHATE SYSTEM EXERCISE AND REQUIRES  
HARD EFFORTS....SOFT EFFORTS NULLIFY THE EXERCISE

VARY THE HITTING BY ALTERNATING GROUND FIELDING FOR  
CATCHING

RUN THROUGH AT LEAST 5 LAPS FOR EFFECTIVENESS WITH NO  
MORE THAN 6 PLAYERS

 STUMPS



KEEPER



BALL

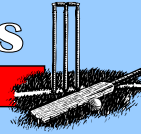
 PLAYERS



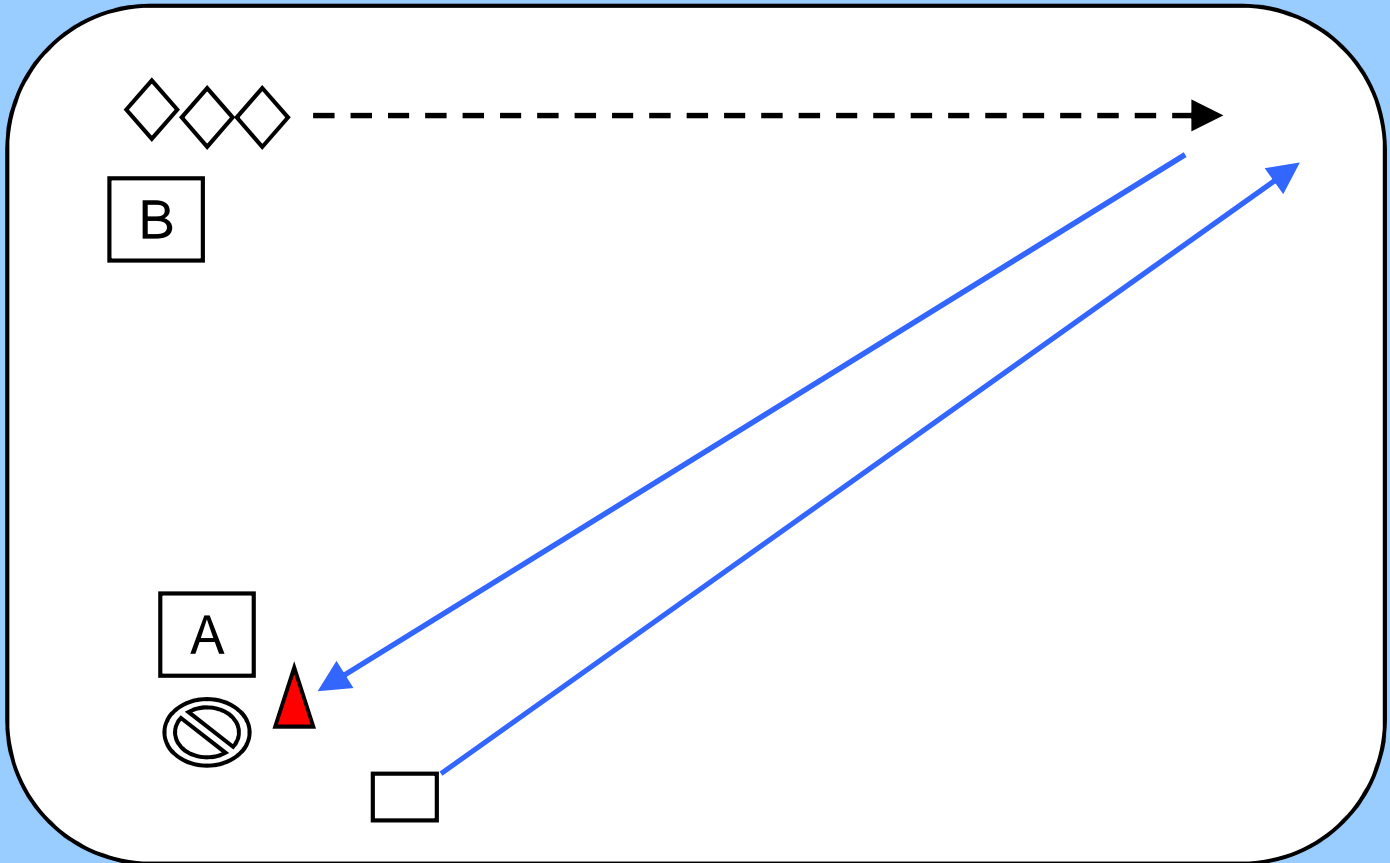
BATTER



PLAYER



STOP AND THROW



**SKILLS** CHASE TO THE BOUNDARY PICK UP AND THROW

**SYNOPSIS:** BATTER HITS BALL TO BOUNDARY. PLAYERS CHASES DOWN THE BALL AND CROW HOPS A THROW BACK TO THE KEEPER

EMPHASIS ON THE STOP, SLIDE OR PICK UP

 STUMPS

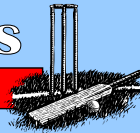
 KEEPER

 BALL

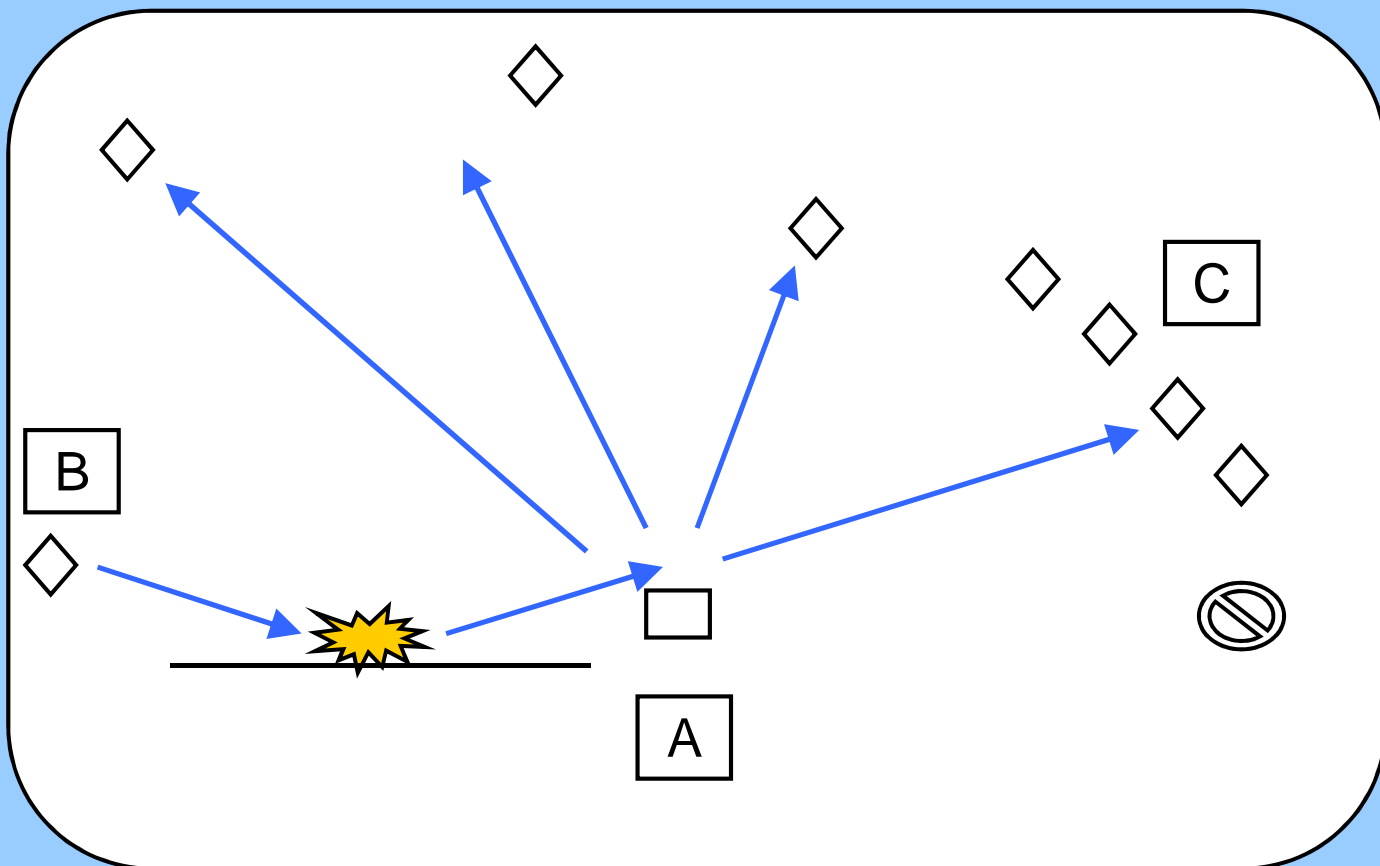
 PLAYERS

 BATTER

 PLAYER



**OFF SIDE & SLIPS CATCHING**



**SKILLS** HANDS UP CATCHING SLIPS CATCHING, OFF SIDE GROUND AND CATCH FIELDING  
MINOR TRI PHOSPHATE

**SYNOPSIS:** BATTER GLIDES OR POWERS A BALL THROWN HARD INTO THE GROUND BY PLAYER B CATCHERS C ARE FORMED IN A STAGGERED PATTERN AND ATTEMPT CATCHES THEN RETURN OVERARMS BACK TO PLAYER B WHO IS WEARING A BASEBALL GLOVE  
TRY NOT TO EXCEED 6 CATCHERS

▲ STUMPS



KEEPER



BALL

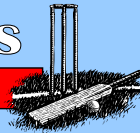
◇ PLAYERS



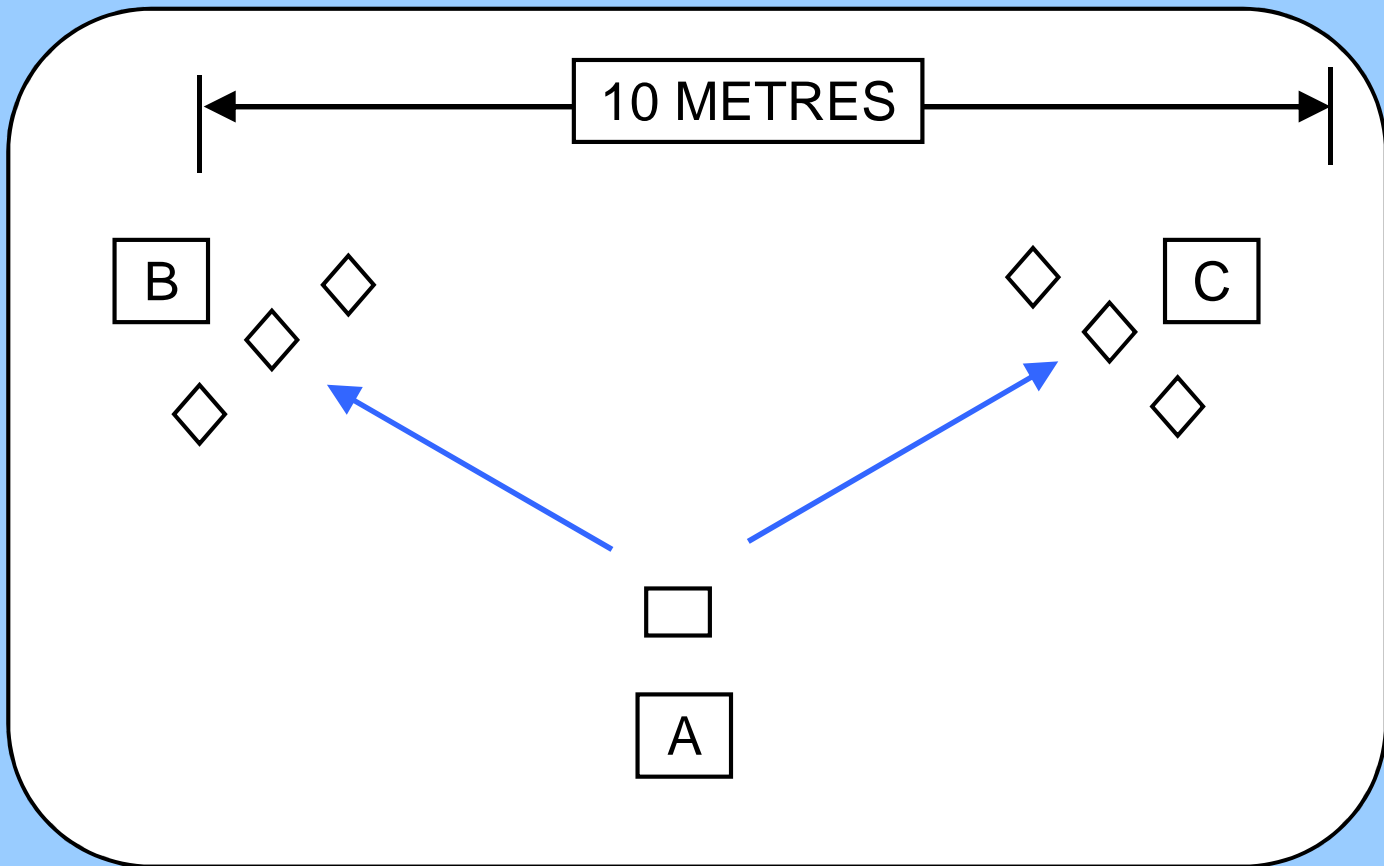
BATTER



PLAYER



**FLIP - FLOP CATCHING**



**SKILLS**

HANDS UP CATCHING ON SIDE AND OFF SIDE  
MINOR TRI PHOSPHATE

**SYNOPSIS:** BATTER CUTS AND PULLS THE BALL, OSCILLATING FROM RETURNED UNDERARM THROWS. TURN THE DRILL INTO A GAME TO MAKE IT COMPETITIVE, SWAP THE PLAYERS AFTER EACH GAME INTO DIFFERENT POSITIONS TRY NOT TO EXCEED 6 CATCHERS

▲ STUMPS



KEEPER



BALL

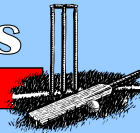
◇ PLAYERS



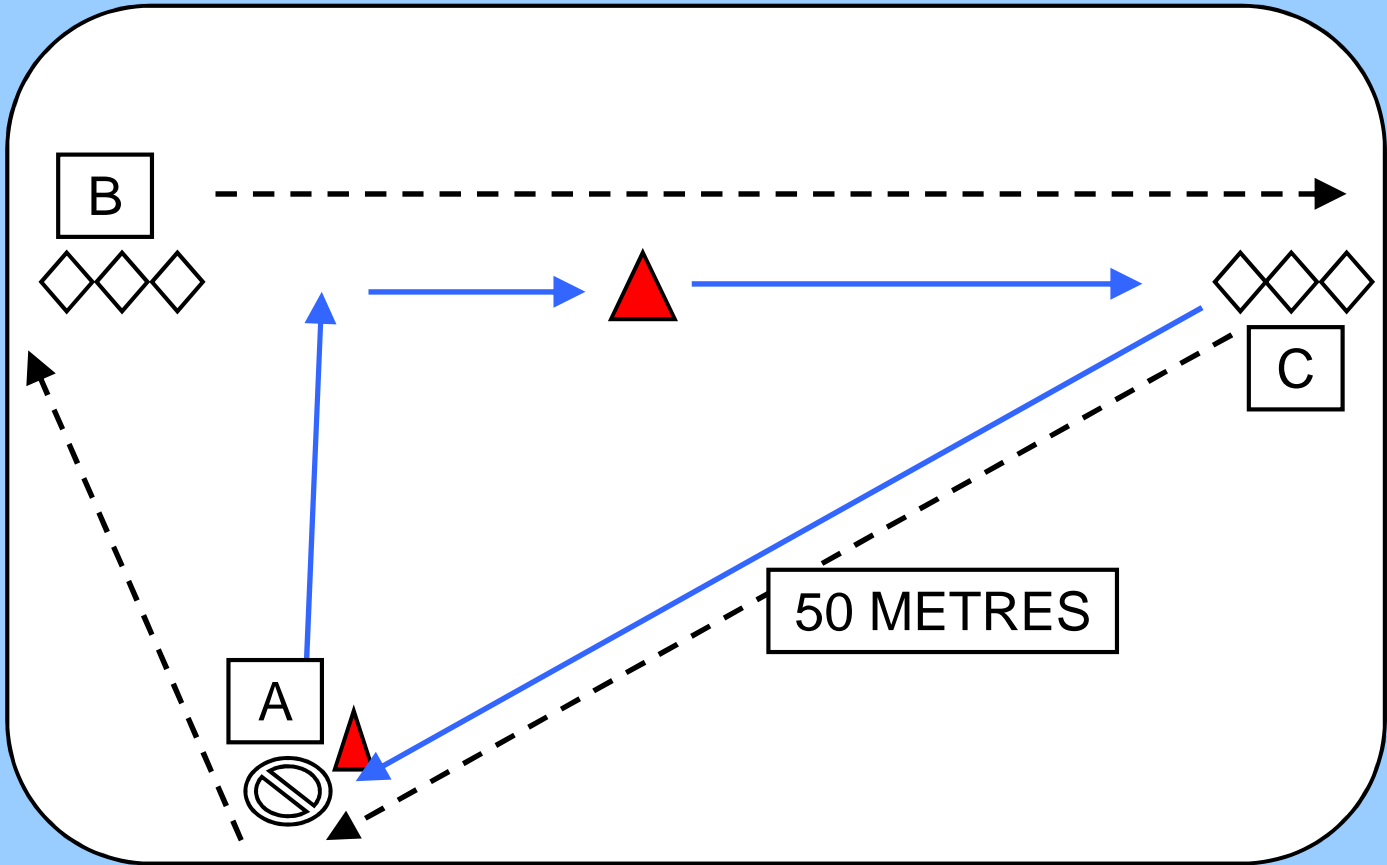
BATTER



PLAYER



THROWING



**SKILLS**

OVERARM THROWING  
GROUND FIELDING, AEROBIC

**SYNOPSIS:** SIMILAR TO TASK 1 KEEPER ROLLS BALL TO GROUP B WHO GROUND FIELDS THE BALL AND ATTEMPTS TO HIT THE STUMPS OVERARM, GROUP C PLAYER RUNS TO BACK UP THE THROW, GROUND FIELDS AND OVERARMS BACK TO THE KEEPER.



STUMPS



KEEPER



BALL



PLAYERS

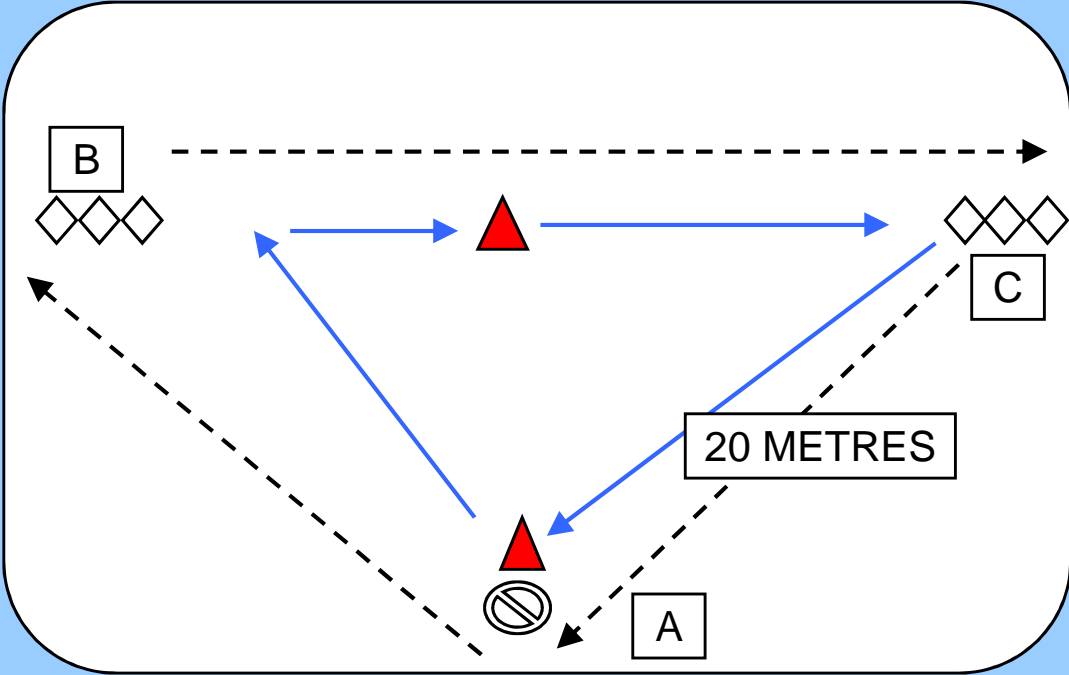


BATTER









PLAYER

**THROWING**

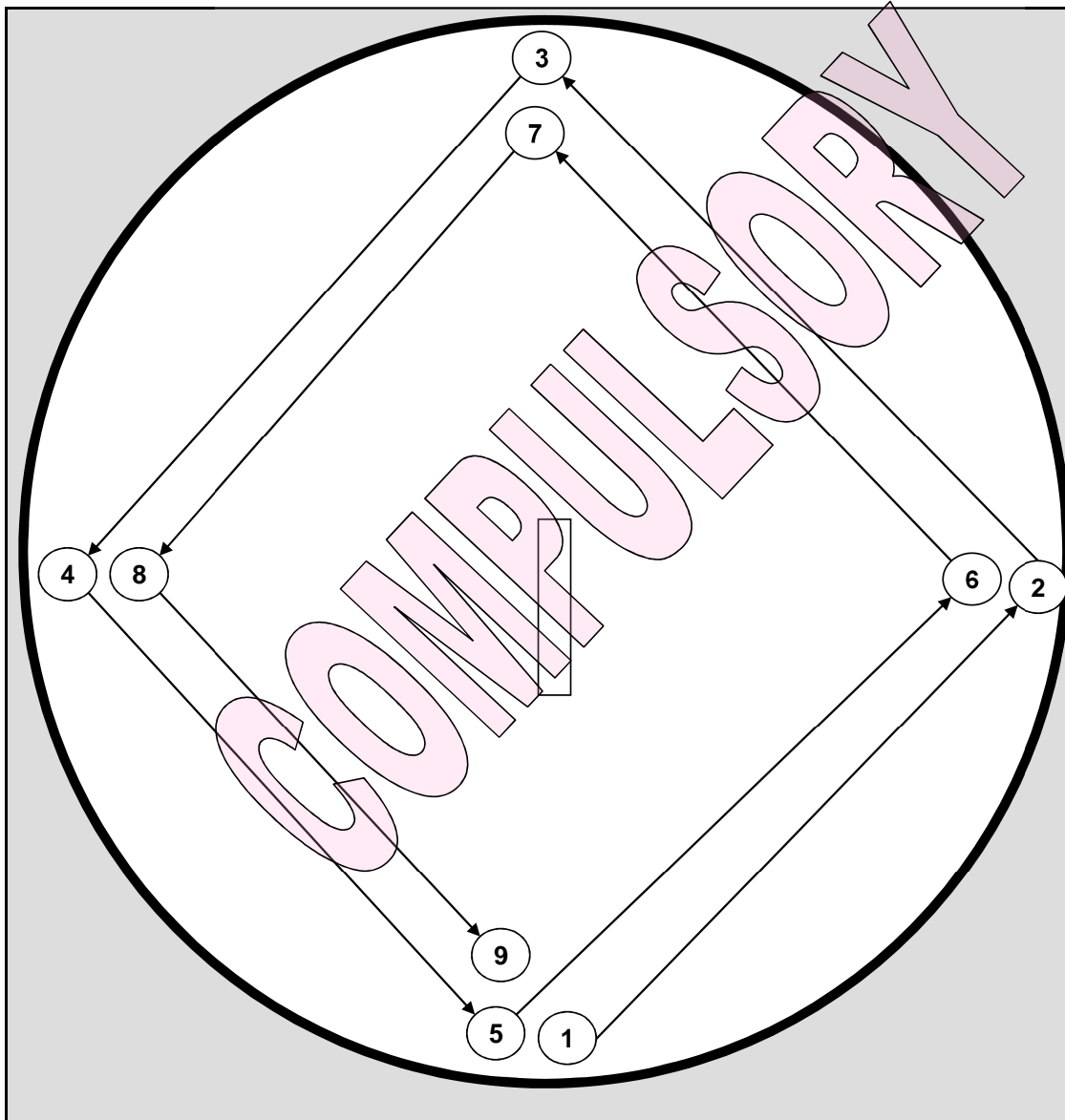


**SKILLS**  
 UNDERARM AND OVERARM THROWING  
 GROUND FIELDING, AEROBIC

**SYNOPSIS:** KEEPER ROLLS BALL TO GROUP B WHO GROUND FIELDS THE BALL AND ATTEMPTS TO HIT THE STUMPS UNDERARM, GROUP C PLAYER RUNS TO BACK UP THE THROW, GROUND FIELDS AND OVERARMS BACK TO THE KEEPER.

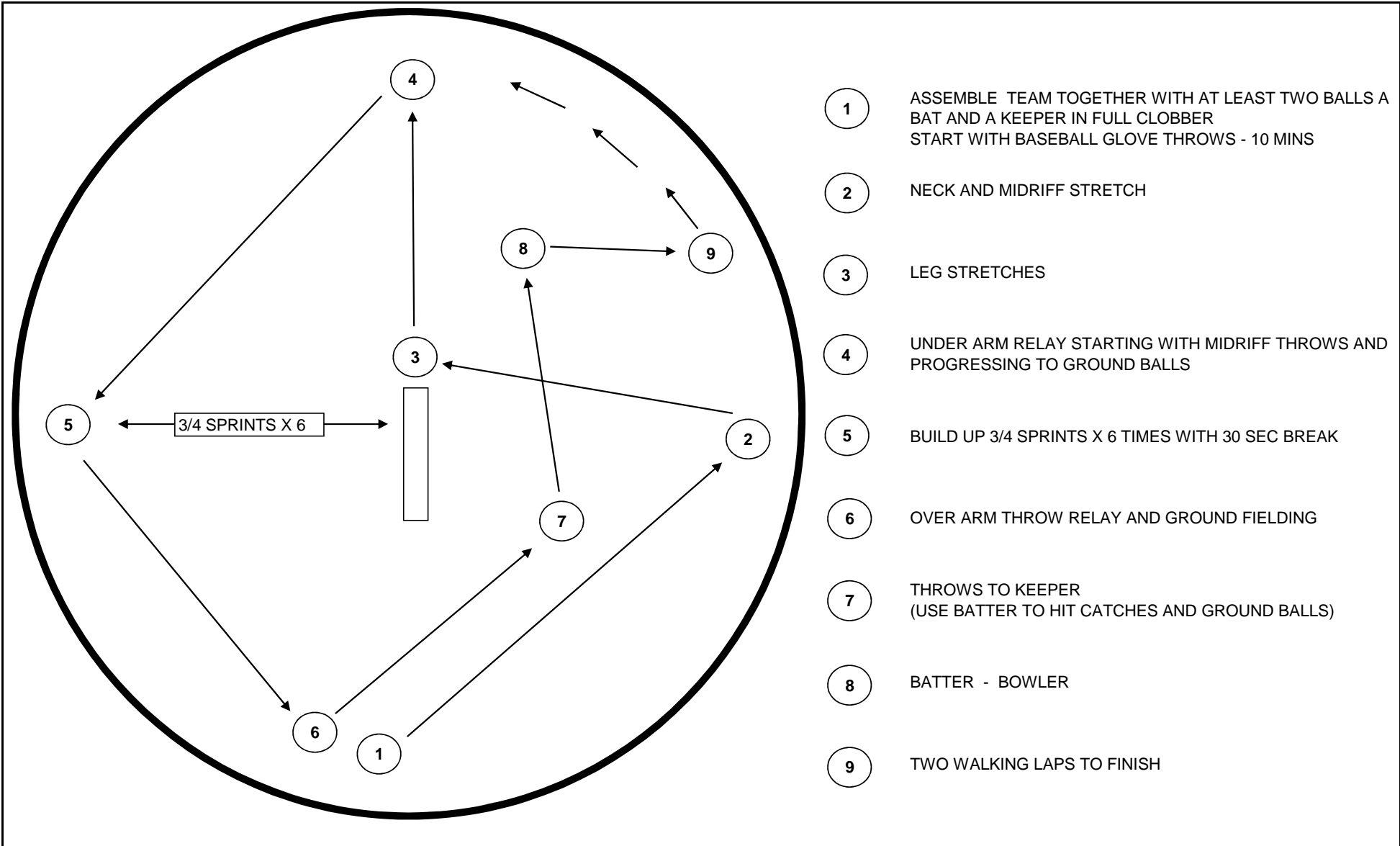
	STUMPS		KEEPER		BALL
	PLAYERS		BATTER		PLAYER

## TRAINING WARM UP



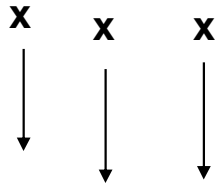
- 1 FIND A PARTNER TO WARM UP WITH GRAB A BALL AND YOUR BASEBALL GLOVE AND COMPLETE A "FULL" LAP
- 2 NECK AND MIDRIFF STRETCH SLOW RUN TO NEXT STATION
- 3 LEG STRETCHES QUADS AND HAMSTRINGS CALFS 3/4 SPRINT TO NEXT STATION
- 4 5 MINS THROWING AT 15 METERS
- 5 BUILD UP 3/4 SPRINTS X 6 TIMES WITH 30 SEC BREAK
- 6 5 MINS THROWING AT 20 METERS SPRINT TO STATION 7
- 7 5 MINS SHARED PNF STRETCHING WALK TO STATION 8
- 8 100 CATCHES
- 9 5 MINS AT THE NET WORK WITH ANOTHER PAIR

**GAME DAY WARM UP**

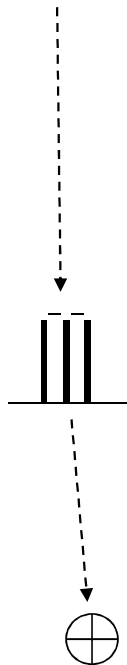


- 1 ASSEMBLE TEAM TOGETHER WITH AT LEAST TWO BALLS A BAT AND A KEEPER IN FULL CLOBBER  
START WITH BASEBALL GLOVE THROWS - 10 MINS
- 2 NECK AND MIDRIFF STRETCH
- 3 LEG STRETCHES
- 4 UNDER ARM RELAY STARTING WITH MIDRIFF THROWS AND  
PROGRESSING TO GROUND BALLS
- 5 BUILD UP 3/4 SPRINTS X 6 TIMES WITH 30 SEC BREAK
- 6 OVER ARM THROW RELAY AND GROUND FIELDING
- 7 THROWS TO KEEPER  
(USE BATTER TO HIT CATCHES AND GROUND BALLS)
- 8 BATTER - BOWLER
- 9 TWO WALKING LAPS TO FINISH

**BATTER - BOWLER = 20 MINS**



bowlers execute bowling from short run to full run up - 15 mins minimum



full keeping training

**20 MINUTE  
FIELDING WARM UP**

**USING DRILLS**

**6, 3 & 1**

**BATTING THROW DOWNS ALWAYS  
INCLUDE EVERY SHOT IN ORDER X 4  
TIMES**

- OFF DRIVE**
- ON DRIVE**
- CUT SHOT**
- PULL SHOT**
- GLANCE**