

# Fielding

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Skill

# Low Catch

Time

15 mins

Aim

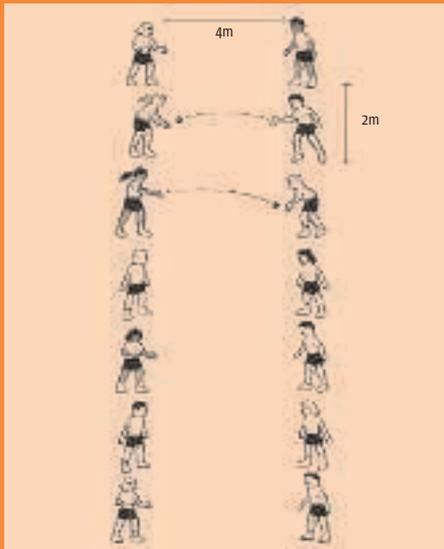
To catch a ball between waist and ankle height

Equipment

1 tennis/soft ball per pair



## Organisation



Link Cards

13 63

## Instructions

- 1 Pairs gently underarm the ball for each other to catch.
- 2 Serve with one hand, catch in two.
- 3 The ball should arrive between waist and ankle height.

## Teaching Points

- Hands together, fingers pointing down.
- Feet, shoulder width apart.
- Bend your knees and keep your bottom high.
- Watch the ball into your hands.

Catchphrase

Relax, don't snatch!

19



Skill

# Shoulder High Catch

Time

15 mins

Aim

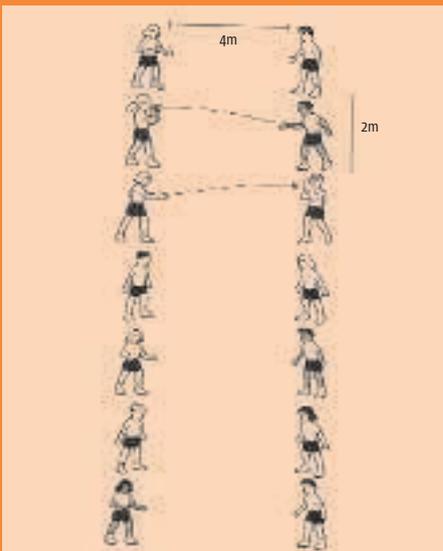
To catch a ball at shoulder/head height

Equipment

1 tennis/soft ball per pair



## Organisation



## Instructions

- 1 Pairs gently underarm the ball for each other to catch.
- 2 Ball should arrive at shoulder/head height.

## Teaching Points

- Hands up, palms facing forwards.
- Thumbs crossed, fingers pointing up.
- Catch, letting hands go with the ball over one shoulder.

Catchphrase

Stand tall to catch this ball!



Skill

# High Catch

Time

15 mins

Aim

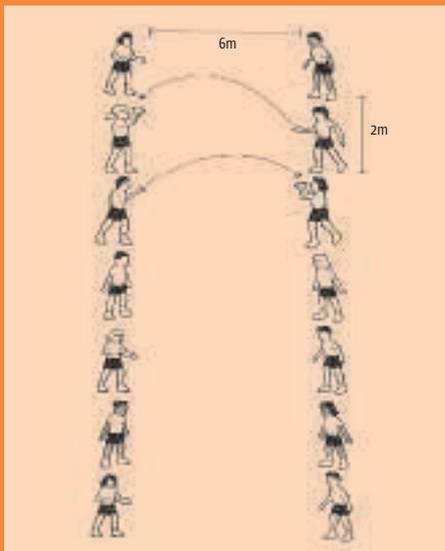
To catch a ball dropping from above head height

Equipment

1 tennis/soft ball per pair



## Organisation



## Instructions

- 1 Pairs loop the ball underarm for each other to catch.
- 2 Try to make the ball drop near partner's head.

## Teaching Points

- Watching the ball all the time, move to where it is dropping.
- Cup hands together, little fingers touching.
- Hands up early, palms facing upwards
- Catch at eye level, then relax arms.



Skill

# Stopping the Ball with Two Hands

Time

15 mins

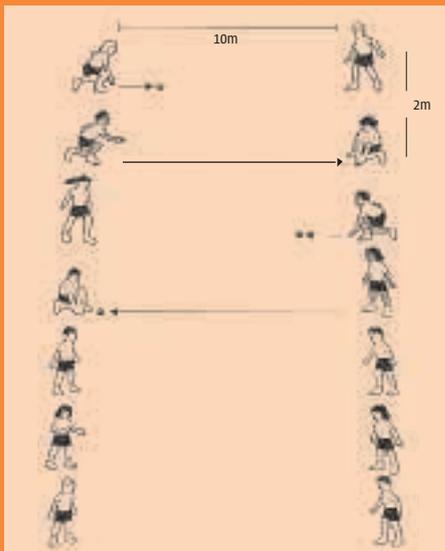
Aim

To stop a fast moving ball using two hands and the body as a barrier

Equipment

1 tennis/soft ball per pair

## Organisation



## Instructions

- 1 Pairs **roll** the ball in a straight line for partner to stop using two hands.
- 2 Having stopped the ball they stand up and roll the ball back for partner to repeat.

## Teaching Points

- Stand side on, so the arm you roll the ball with is furthest from your partner.
- As the ball approaches get down on the knee nearest your partner.
- Stop the ball alongside your knee, with hands together and fingers pointing down.



Link Cards

15 61

Catchphrase

Get your knee to the floor to stop a 'four'!

25



Skill

# Picking up One Handed & Throwing

Time

15 mins

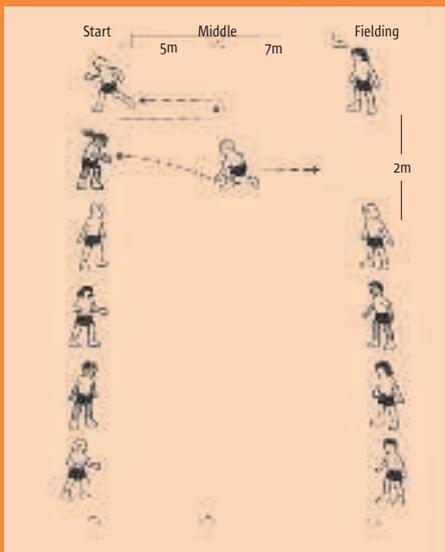
Aim

To pick up and throw a ball underarm on the run

Equipment

1 tennis/soft ball per pair, 6 cones / existing lines

## Organisation



Link Cards

11 67

## Instructions

- 1 Pairs stand opposite each other.
- 2 Person on the start line has the ball and runs out placing it on the middle line and then returns quickly to the start line.
- 3 Now, person on the fielding line runs towards the ball
- 4 and picks it up one handed, then throws it underarm for person on the start line to catch.
- 4 While fielder runs back to fielding line, person on start line repeats for next turn.
- 5 Change after 3 turns each.

## Teaching Points

- Shape throwing hand like a 'scooper'.
- Pick the ball up by the outside of your foot.
- Staying low, throw the ball underarm keeping your head still and arm straight.

Catchphrase

Say low when you throw!



Skill

# Throwing

Time

15 mins

Aim

To throw a ball overarm with power and accuracy

Equipment

1 tennis/soft ball per pair



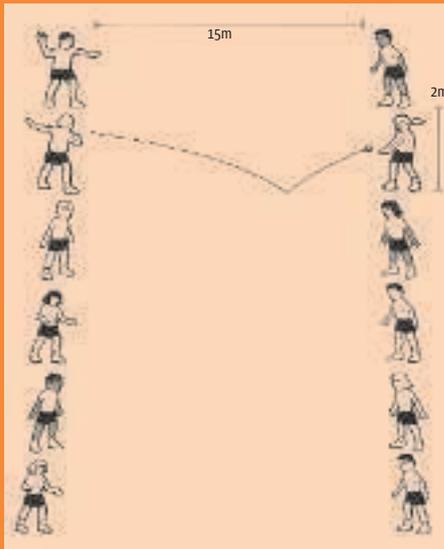
Link Cards

31

62

64

## Organisation



## Instructions

- 1 Pairs throw the ball powerfully overarm **one bounce** to each other.
- 2 The ball should be bounced so that it arrives at waist height.

## Teaching Points

- Stand side on.
- Point non-throwing arm to partner.
- Lift your throwing arm up and bend it at the elbow.
- Rock back then forward, releasing the ball quickly to your partner.
- Keep your eyes fixed on the target.

Catchphrase

Swing your arm back and bend it, look at your target then send it!



Skill

# Chasing & Throwing

Time

15 mins

Aim

To chase and return a ball

Equipment

1 tennis/soft ball per pair, 6 cones / existing lines

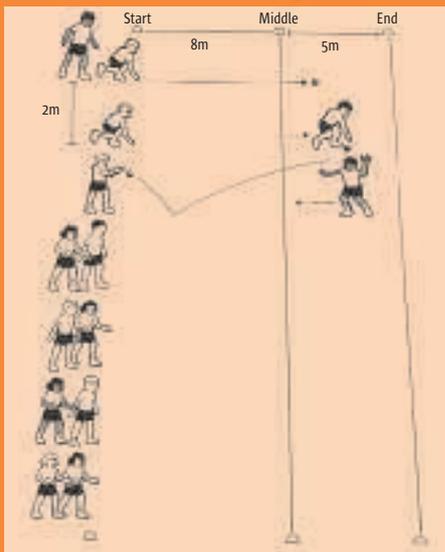


Link Cards

29

64

## Organisation



## Instructions

- 1 Pairs stand beside each other on the start line.
- 2 One of the pair **gently rolls** the ball out straight for partner to chase and pick up between the middle and end line.
- 3 Chaser throws the ball overarm **one bounce** back to partner.
- 4 When chaser returns, repeat.
- 5 Change after 3 turns each.

## Teaching Points

- Chase and catch up with the ball.
- Let the ball roll into your throwing hand, by the outside of your foot.
- To turn, spin on the balls of your feet towards partner.
- Balance and throw.

Catchphrase

Turn and spin then throw it in!

31



Skill

# Wicketkeeping

Time

15 mins

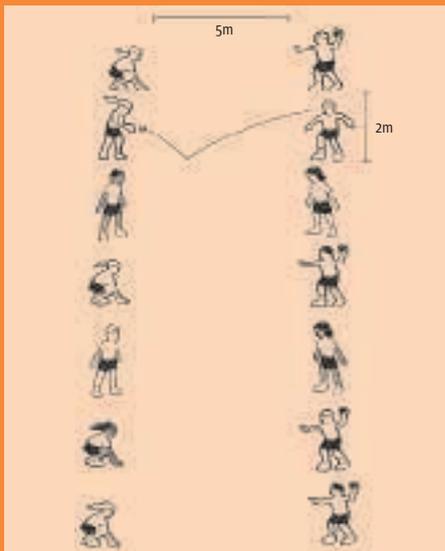
Aim

To catch a bouncing ball, from a crouched position

Equipment

1 tennis/soft ball per pair

## Organisation



Link Cards

65

## Instructions

- 1 Pairs throw the ball overarm **one bounce** to each other.
- 2 Stand when throwing.  
When receiving, crouch and rise catching the ball with two hands.

## Teaching Points

- Hands together, fingers touching the ground.
- Weight on balls of your feet.
- Rise with the bounce of the ball.
- Catch with two hands at waist height.

Catchphrase

As the ball lands, watch it into your hands!

33

