



Cricket
development
programme



CRICKET DEVELOPMENT PROGRAMME LEVEL 1

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DISCLAIMER

The CDP resources are to give teachers, volunteers and parents guidance on how they could deliver cricket sessions and aid a child's development. They provide expert skills and drills to work on along with objectives to follow the national curriculum . While we try our hardest to make the resources accurate and up to date, please make your own judgement on the location and delivery of the CDP sessions. We accept no liability to you or any third party in respect of your use of the resources.

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Fielding Skills

The following pages are colour coded so you can see the drills and games which focus on the skills below



Throwing technique



Catching basics



Pick up

FIELDING SKILLS



FIELDING BASICS

Throwing technique

Catching basics

Pick up



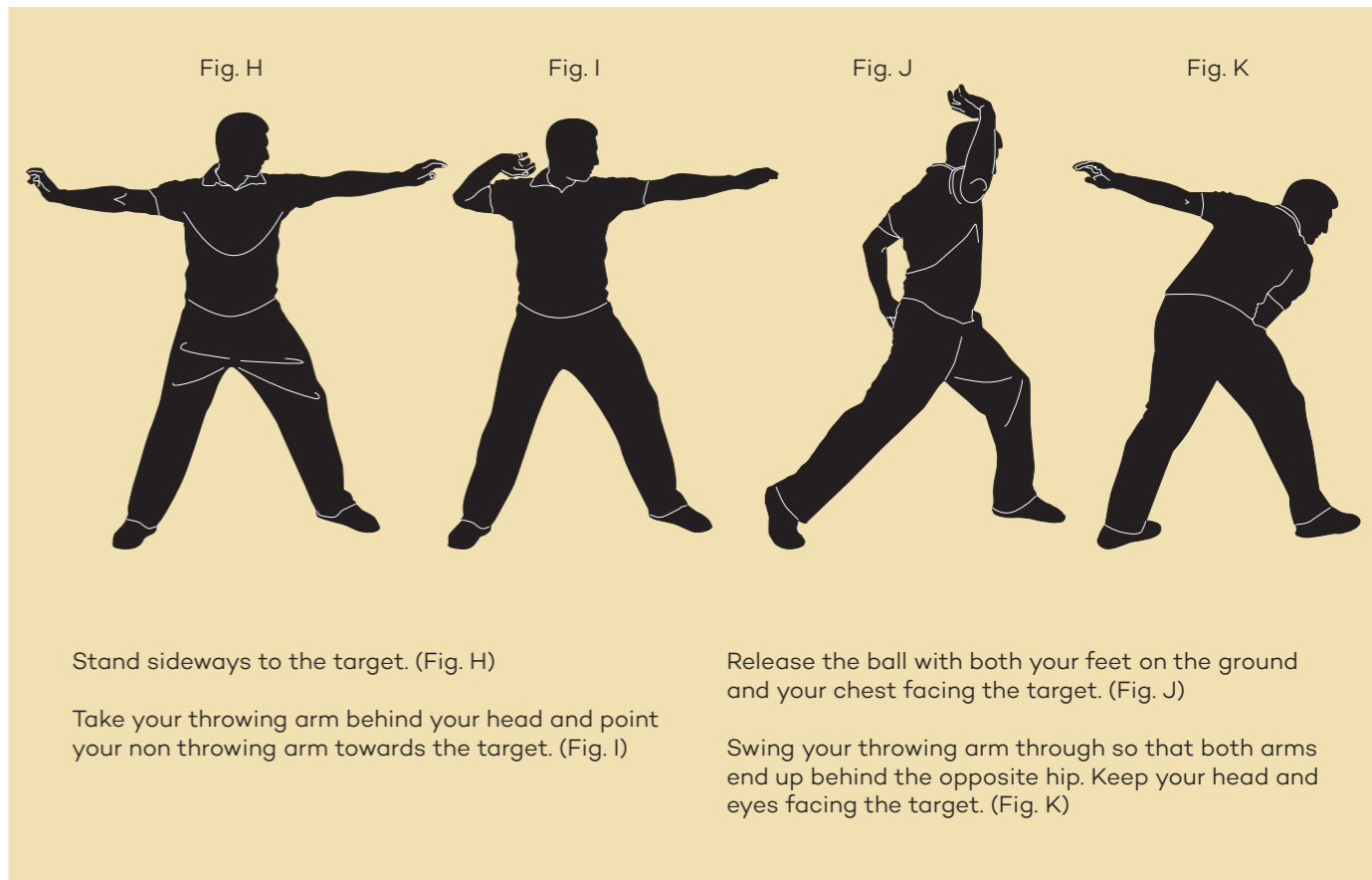
(1) Throwing technique

Description:

With the throwing technique is very important to get the basics correct at the start. Once we get into a bad throwing habit it is very difficult to reverse and can cause injuries.

Drills:

Throw in pairs focusing on high take away - extend both arms
Pairs aiming at a cone
Hit a target on the wall (soft ball)

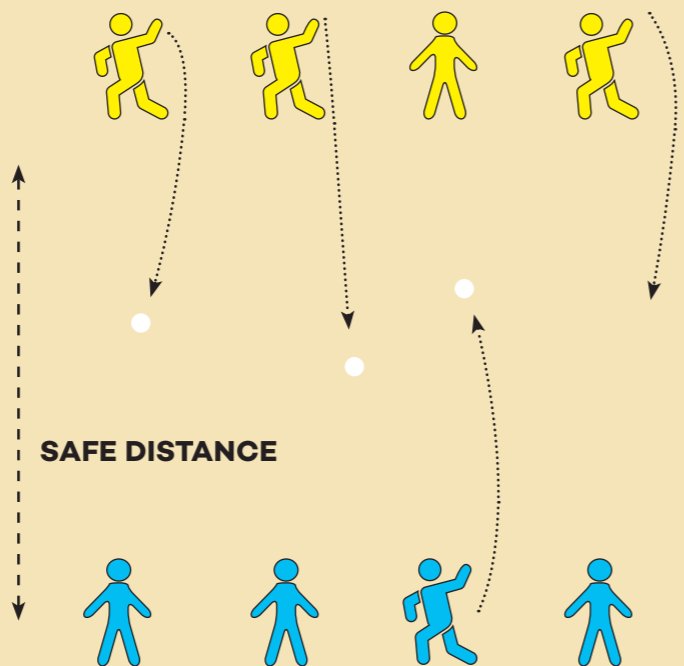




Throw in pairs focusing on high take away - extend both arms

Split the players into pairs facing each other about 10/20m apart. Start off with the players in the position shown on page 163 with both arms extended.

As a coach you can decide if you want the players to throw to each other on the full or on the bounce, but the key is to look for repeatability and accuracy.

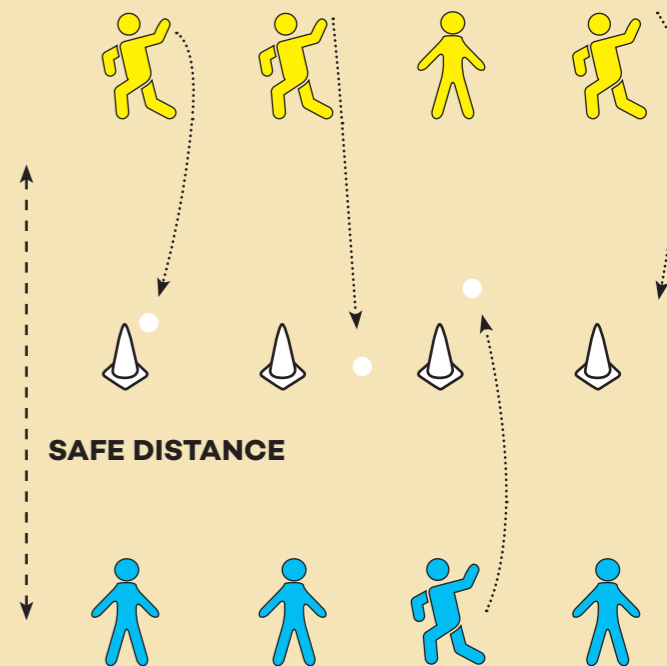


Pairs aiming at cone

Split the players into pairs facing each other about 10/20m apart. Start off with the players in the position shown on page 163 (Fig. H) with both arms extended.

Place a cone in the middle of the players as seen in the image on this page, the players should try and hit the cone. This gives the players something else to focus on rather than their throwing action and hopefully will increase their accuracy.

POINTS 1

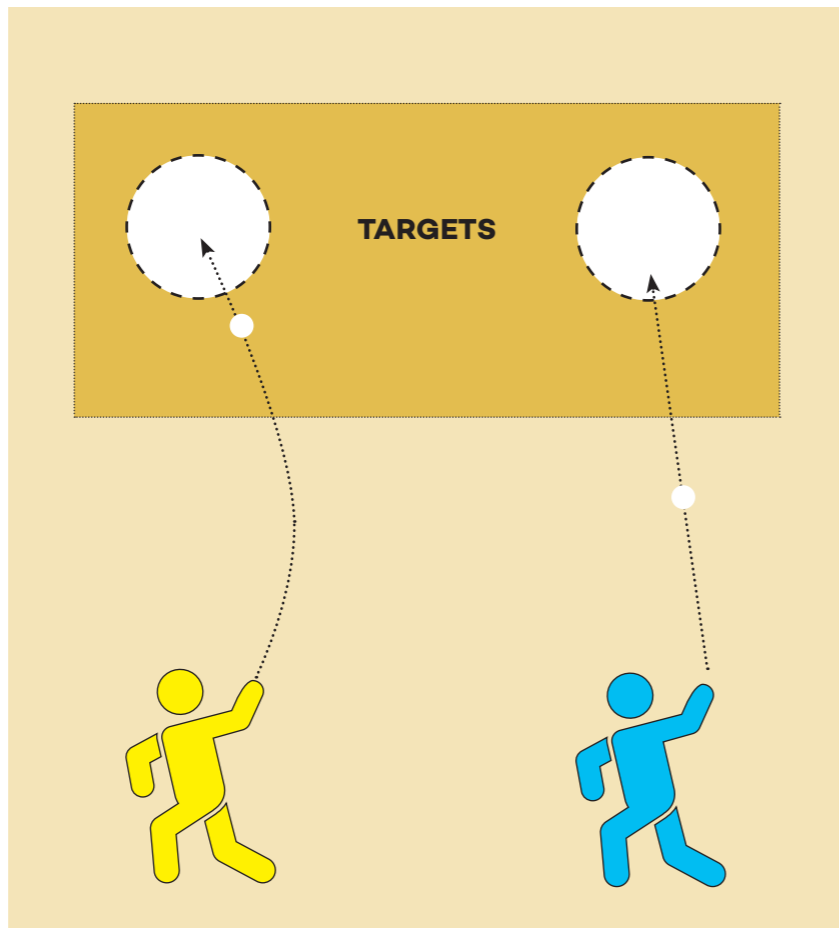


POINTS 0

**Hit a target on the wall (soft ball)**

This is a great drill to do with a large group of players to work on throwing accuracy. If you have a large flat wall, they can all line up facing the wall if not they should take it in turns to throw.

Place a target on the wall for the players to aim at and let them rip. The image on page 163 shows the ideal position the players should be in when throwing.



Throwing the ball in quickly and accurately from the outfield is an important skill for every fielder to master. It is a useful tool in preventing runs and getting batsmen run out so it's important to get the basics right.

A common mistake when throwing is for players to only focus on their arms.

Remind players that after they throw it's important to follow through with their back leg towards the target. This will allow them to get more power and accuracy.



(2) Catching basics

Description:

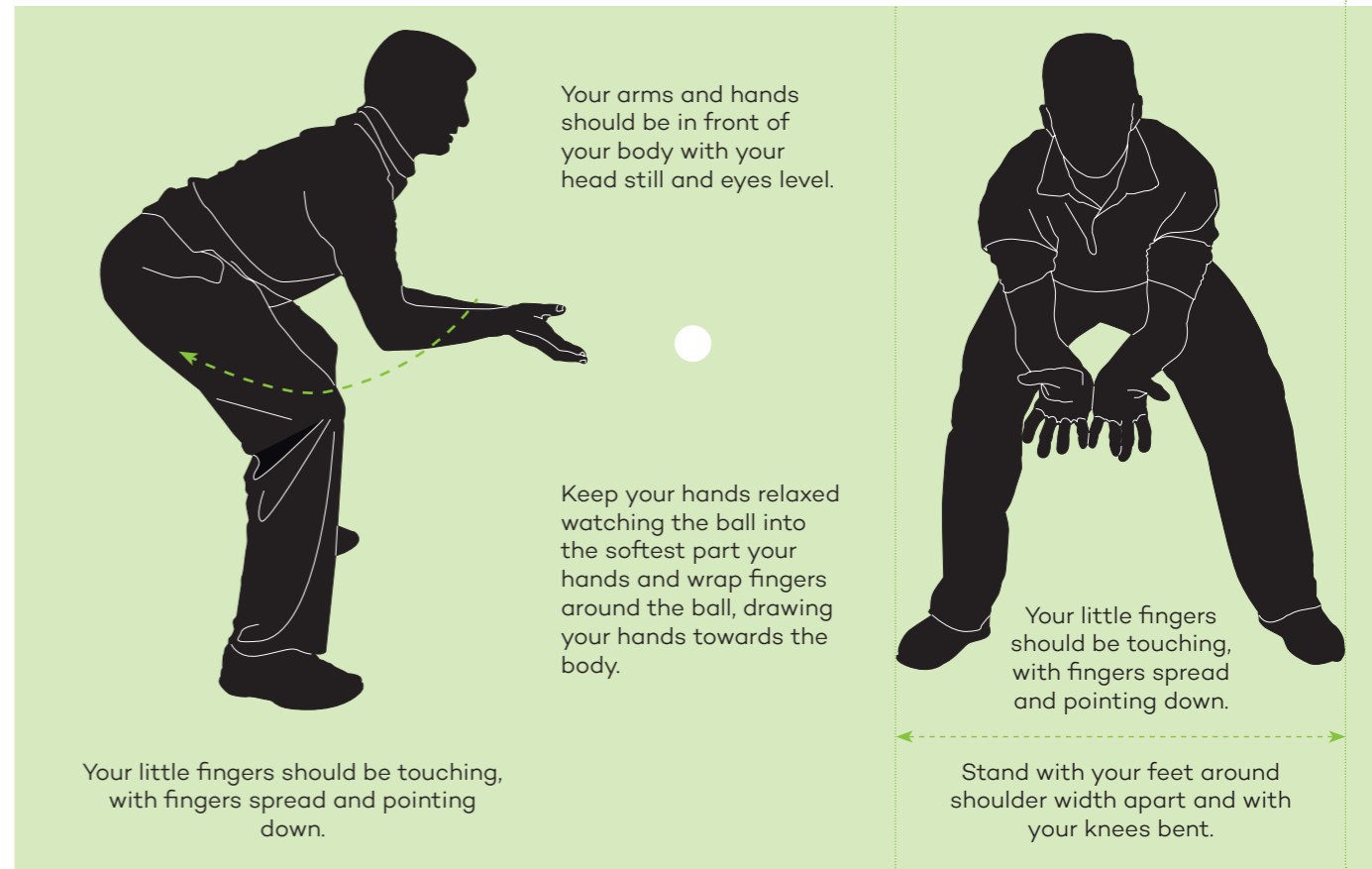
To learn how to catch, using the best technique, focus on creating the largest surface area with your hands, having a strong base and watching the ball all the way into your hands.

Drills:

Ball catch against wall in pairs

Left and right hand in pairs

One hand opposite side catch with shoulder rotation - low medium and high reaction catches

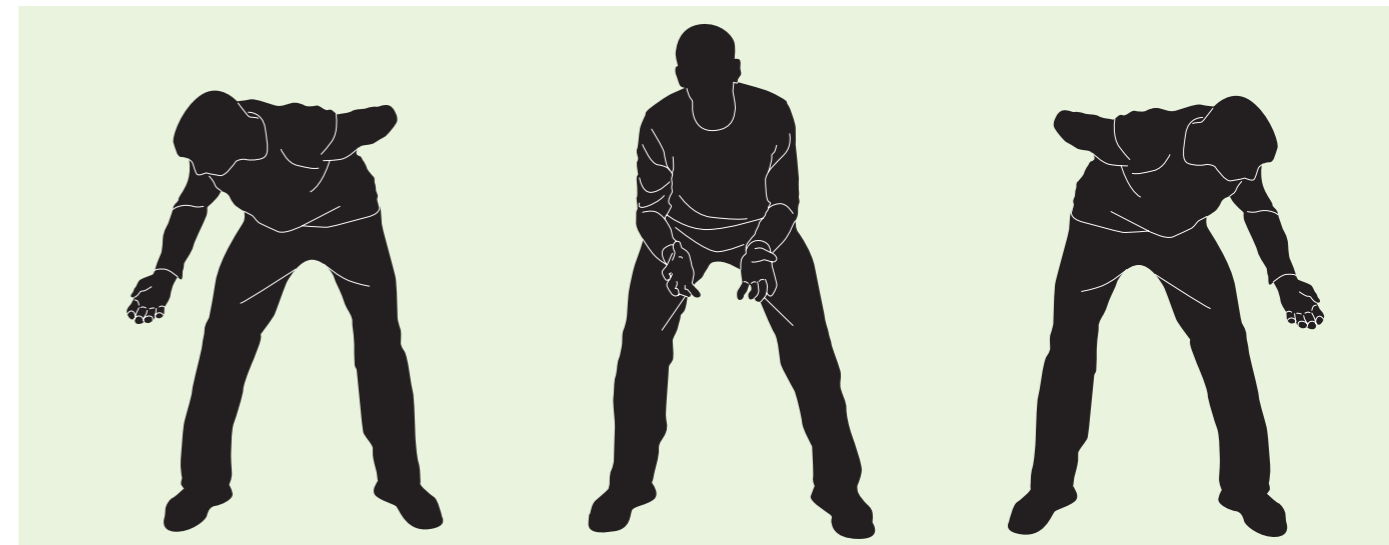
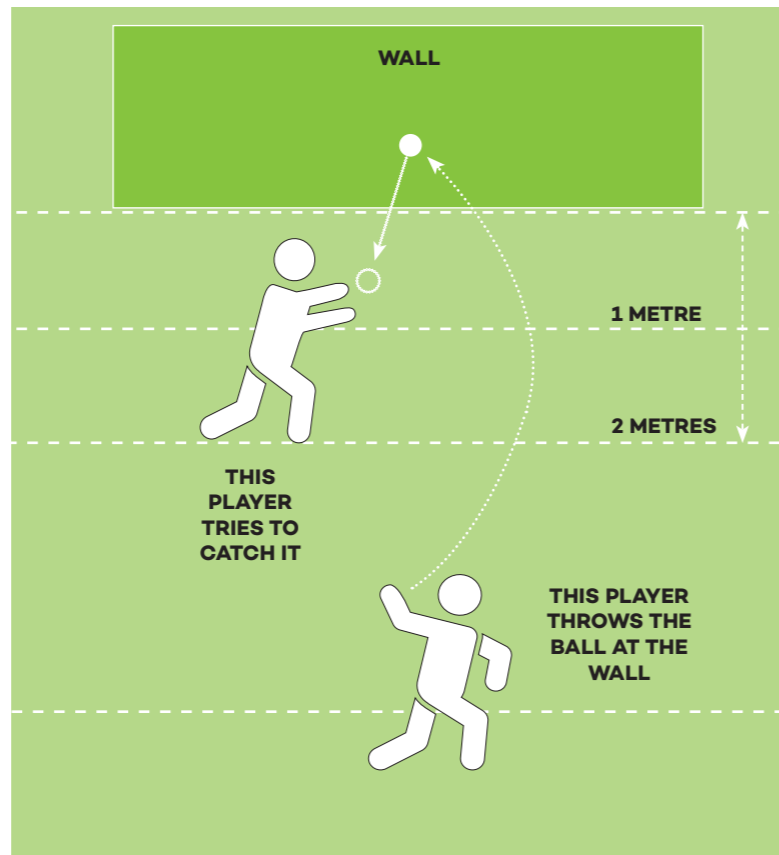




Ball catch against wall in pairs

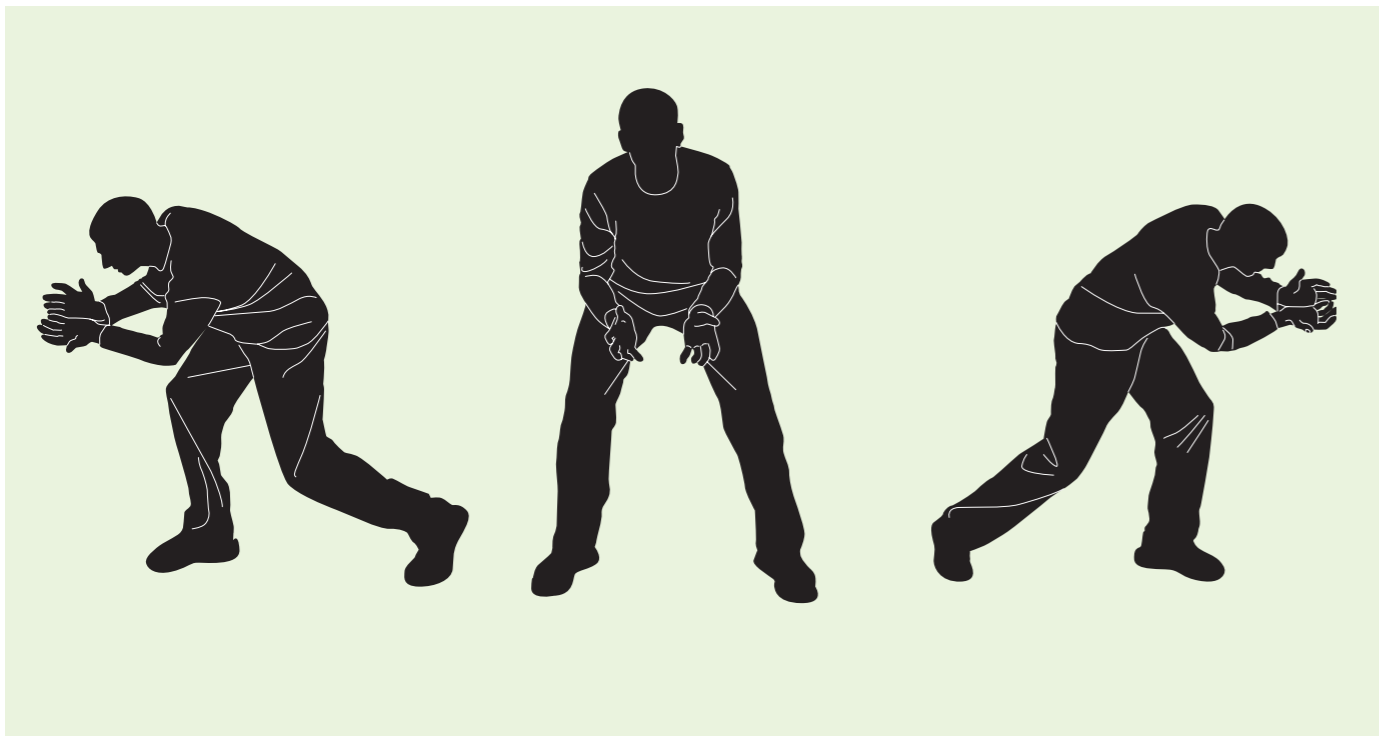
Have the players split into pairs with one facing the wall about 1-2m away.

The other player should stand behind them and throw a ball at the wall for it to rebound as a catch as shown in the image right.



Left and right hand in pairs

Get the players into pairs facing opposite one another. The players should underarm catches to their partner and call out which hand they want their partner to catch with. This is a fun drill for players to do to improve their hand eye coordination.



Catching with shoulder rotation

Get the players into pairs facing opposite one another. The players should underarm catches to the left and right of their partner. The players should be focusing on rotating their shoulder as seen in the image opposite.

When the players rotate their shoulders it will make it easier for them to catch as they will provide a bigger surface area in their hands. As you can see on the opposite page the thumbs are pointing to the sky and the floor and the fingers are pointing away creating the best chance of catching the ball.



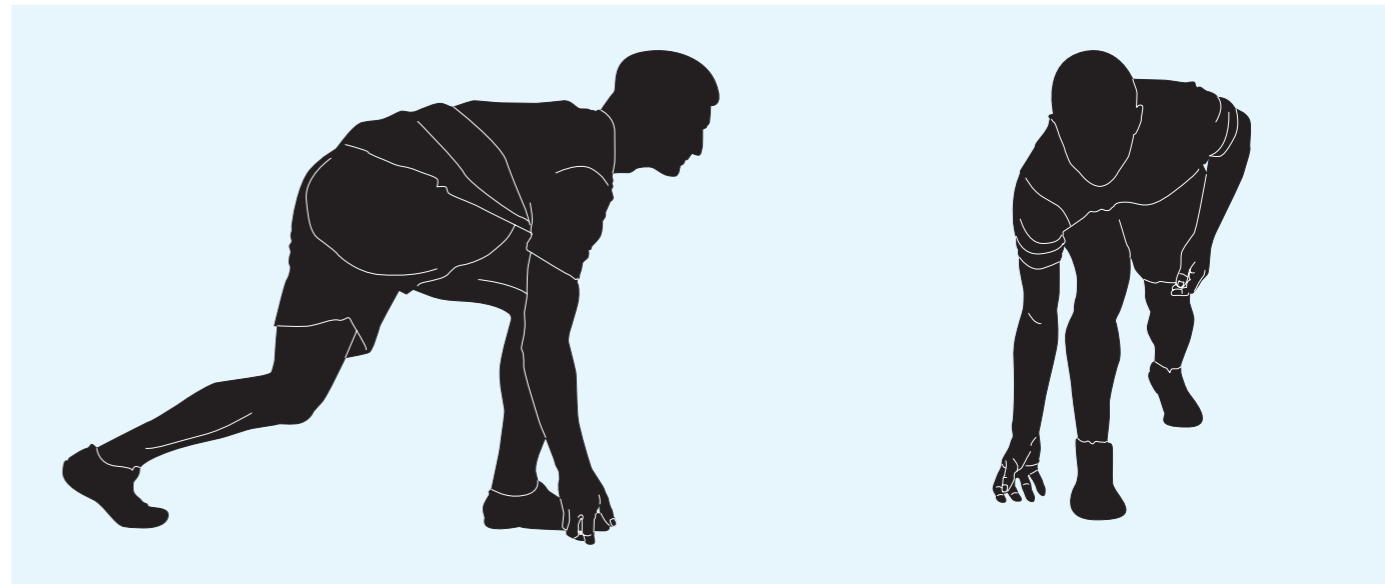
(3) Pick up

Description:

The pick up is a part of the game that isn't taught early enough and is a raw skill in cricket that is fundamental to being a good fielder.

Drills:

- Attacking the ball one handed
- Long barrier
- Attacking the ball two handed

**Attacking the ball one handed**

Start about 10m away from all your players and roll a ball out to them one by one. Each player should run forward one at a time to pick up the ball, with one hand and throw back to the coach.

This position is used when the ball hasn't been hit hard, and you want to release the ball quickly. In the image above you can see the players hand is alongside their foot and head is over the ball.

**Long barrier**

Start about 20m away from all your players and roll a ball out to them one by one. Each player should run forward once at a time to pick the ball up and throw it into the coach. For this drill the players should be trying to pick the ball up in the long barrier position shown in the image on this page. This position is used when the ball is coming a lot faster or we have more time to secure the ball before throwing it in. Notice how the knee on the floor is next to the heel of the other foot which reduces the chance of the ball beating the fielder.

**Two handed pickup**

Start about 10m away from all your players and roll a ball out to them one by one. Each player should run forward once at a time to pick the ball up and throw it into the coach. For this drill the players should be trying to pick the ball up with two hands and be in the position shown on this page. Notice how the head is over the ball, knees are bent and the players back foot is behind the line of the ball so if the player misses the ball their foot will still stop the ball



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