SLIP CATCHING
KEY POINTS

- Head pushes into line of ball
  Eyes remain level

- Remain calm & relaxed
  Don’t tense & snatch
  At the ball

- Begin in a good balanced position
  With weight towards the batsman

- Offer as much hand at the ball for as long as you can

FIELDING
 Wheelie Bin Knicks

FIELDING
 Wheelie Bat Knicks

FIELDING
 Slip Catches

FIELDING
 On knees at slip
BOUNDARY CATCHES

KEY POINTS

- Anticipate where the ball is going to land
- Gather as much info as you can
- Get in a position to catch early
- Give yourself time to adjust & track
- Remain composed throughout
- Allow yourself to watch the ball
- Be aware of your surroundings
- Team mates for assists & the boundary rope

FIELDING

- Short Leg Catches
- Corner Catches
- Boundary Catches
- Throwing Tip
OUTFIELD CATCHES

KEY POINTS

PUT YOUR BODY ON THE LINE
BE PREPARED TO DIVE/STOP EVERY BALL

MOVE YOUR HEAD TO LINE OF THE BALL EARLY
ALLOW LEGS TO FOLLOW

OFFER AS MUCH HAND AT THE BALL AS YOU CAN
ALLOW THE BALL TO DETERMINE HOW YOUR HANDS MOVE

ADOPT AN ATHLETIC POSITION
ALLOW YOURSELF TO BE READY AND ADAPT

FIELDING
HOW TO HIT COVER CATCHES

FIELDING
HOW TO HIT POINT CATCHES

FIELDING
60 CATCH CHALLENGE

FIELDING
DIVING CATCHES