



FOUNDATION

**FIELDING DRILLS
DOCUMENT**

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

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Download the

FIELDING
SHORT LEG CATCHES

FIELDING
CORNER CATCHES

FIELDING
BOUNDARY CATCHES

FIELDING
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