



**FOUNDATION**

**WICKETKEEPING  
DRILLS DOCUMENT**

# WICKET KEEPING

## KEY POINTS



EYES REMAIN LEVEL  
HEAD PUSHES INTO LINE OF BALL

OFFER AS MUCH HAND AT THE  
BALL AS POSSIBLE  
REGARDLESS OF CATCH

POSTURE MAINTAINED;  
BEFORE, DURING AND AFTER  
CATCH

MOVE EFFECTIVELY TO ALLOW  
ALL TYPES OF DELIVERIES TO BE  
MANAGED

WICKETKEEPING  
POSTURE & HANDS

WICKETKEEPING  
CROSS BODY TAKES

WICKETKEEPING  
STOOD UP TAKES

**WICKETKEEPING  
CREATE A SPIN BALL**

**WICKETKEEPING  
COKE CAN KNICKS**

**WICKETKEEPING  
MORE OBJECT KNICKS**

**WICKETKEEPING  
WHEELIE BAT KNICKS**

**WICKETKEEPING  
BOX HOLE KNICKS**

**WICKETKEEPING  
FOOTBALL POSTURE**

**WICKETKEEPING  
IRONING BOARD**

**WICKETKEEPING  
BAT KNICKS**

**WICKETKEEPING  
DOG LEAD KNICKS**

**WICKETKEEPING  
WHEELIE BIN KNICKS**