



Basic catching drills

The most important aspect of wicket-keeping is catching the ball! Try these simple yet very effective drills that should be used in all wicket-keeping warm-ups to constantly reinforce hand-eye co-ordination as well as 'catching rhythm'.

Standing still – keeper stands still and feeder (either coach or other keeper) simply feeds ball straight at the keeper.

Press and Take – feeder now gets the ball going slightly wider than the keeper's hips on each side, so that the keeper has to take a small step with one leg towards line of ball, getting head and hands in line.

FEED VARIATIONS – perform the above drills firstly with ball reaching keeper on the full, then throw balls that land at least 2m in front of keeper and bounce up to about waist height. Finally put the keeper under more pressure by throwing half-volleys so they have to stay low and judge the pace off the surface.



COACHING TIP

In order to be an effective keeper you need to be able to catch the ball, so simply encourage your player to watch the ball and learn how to catch it in their own style!