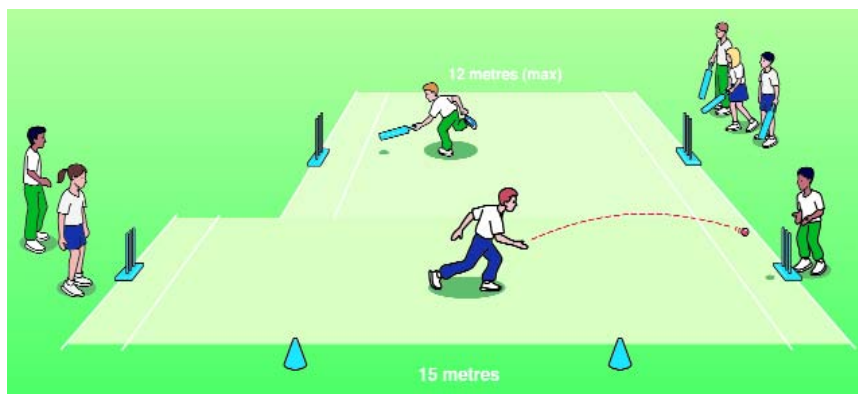


# Wicket Keeping - 3. Run them out

Equipment



20 minutes



## COACHES CORNER

Monitor catching under pressure when the run out is on

- Divide the players into groups of 8 and then into 2 teams of 4
- One team running between the wickets, and other fielding & returning ball to a wicket keeper
- Wicket keeper rolls ball into fielding area (6 to 12 m). As soon as ball is rolled, batter tries to reach the far crease & back (2 runs)
- Fielder runs and tries to hit the wicket with the ball or return the ball to wicket keeper to break the wicket before the batter has completed 2 runs
- Single runs do not count so no runs are scored when a batter is out

Notes

## Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Catches the ball consistently



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches 75% of throws and enables run outs



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Catches 90% of throws and creates run-outs through keeping ability.