



Zig-zag pick-up

Set-up – cones are placed in two lines approximately 3m apart, forming a zig-zag track (see diagram). Cricket balls are placed on every cone down one side of the track.

Activity – keepers have to pick up each ball, and move laterally to place it on the next available cone, before repeating all the way down the zig-zag.

VARIATIONS

Team game – if you have several keepers they can all work on this drill at the same time. Have keepers lined up at each end of the zig-zag track so that when the first keeper puts down the final ball, the keeper from the far end starts with the first pick-up, returning the balls to their original positions.

Speed up – start with the keepers going through slowly and deliberately, and after each completed run through the zig-zag, they have to go through a step quicker next time. This continues until they make a mistake in either picking the ball up or putting it on the cone. Make it competitive with forfeits for mistakes.

Chase – start with your keepers lined up at one end. First keeper starts, and when they are picking up the second ball, the second keeper is released and tries to chase them. You can make the zig-zag as long as you like, and have a chase with as many keepers as you want.

