

# Wicket-Keeper Drills

## **DRILL 1 - UNDER ARM THROWS**

- Coach stands 3m away and underarms the ball to the keeper.
- Keeper to concentrate on the length of catch and giving with the ball.
- Ready Position
- Feet shoulder width apart.
- Head and shoulders forward.
- Knees slightly bent.
- Eyes always focused on the ball.

## **DRILL 2 - VOLLEY AND HALF VOLLEY CATCHING**

- Keeper throws the ball to a batsman below knee height to simulate the ball rising off of the pitch.
- The batsman hits the ball straight back to the keeper at about hip height.
- Footwork is not important, as this is a catching drill.
- Concentrate on catching technique.

## **DRILL 3 - BAT REBOUND CATCHING**

- Coach holds bat in one hand in front of his body and throws the ball down firmly onto the bat.
- The keeper stands about 2m from the bat.
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## **DRILL 4 - PADDLE CATCHING**

- Coach paddles the ball firmly to the keeper
- The keeper starts from a mid point (or marker)
- Moves to catch the ball inside the line of the body.
- Keeper always returns to the mid point.

- Footwork can either be the skip or crossover method.

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### **DRILL 5 - FOOTWORK - TWO HAND CATCHING**

- Coach stands 5m away and underarms the ball to the keeper.

- The keeper starts at a mid point and moves to catch the ball on the inside line of the body with two hands.

- Footwork can either be the skip or crossover method.

- Keeper to cover an area of 1 to 2 metres. Complete one set to the left, then another to the right and then a mixed set.

### **DRILL 6 - FOOTWORK - ONE HAND CATCHING**

- Coach stands 5m away and underarms the ball to the keeper.

- The keeper starts at a mid point and moves to catch the ball on the inside line of the body with one hand.

- Footwork can either be the skip or crossover method.

- Keeper to cover an area of 1 to 2 metres.

- Complete one set to the left, then another to the right and then a mixed set.

- When moving to the right the keeper is to catch the ball with his left hand.

- Concentrate on arm extension and giving with the ball.

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### **DRILL 7 - PAIRS CATCHING**

- Adopt comfortable catching positions 2 metres apart.

- Each catcher has a ball and the balls are thrown at the same time.

- Every ball must be caught, even rebounds.

- Attempt to complete this drill as quickly as possible to

improve hand/eye coordination

### **DRILL 8 - ONE HAND CROSSOVER CATCHING**

- Adopt comfortable catching positions 2 metres apart.
- Each catcher has a ball and the balls are thrown at the same time.
- The balls are thrown to your partners opposite hand. Need to refocus quickly as you receive a ball to your left and then to your right hand.

### **DRILL 9 - THREE BALL CROSSOVER**

- Adopt comfortable catching positions 2 metres apart
- Use of three balls
- Throw with the right and catch with the left
- Transfer the ball from the left to the right before throwing the ball.
- Also complete this drill in the opposite direction.

### **DRILL 10 - FOUR BALL CROSSOVER**

- Similar to the Three Ball Crossover but with the introduction of an extra ball.
- Attempt to complete this drill as quickly as possible to improve hand/eye coordination.