



NCB Coaching Day – Fielding – 18th June 09



Dive, Pop and Throw

Phase One

Player starts in outstretched laying position with ball in hand, gets to feet as quickly as possible and throws ball to keeper at stumps

- Carry out to both left and right
- On weaker side practice roll and rotation

Phase Two

Player starts in 'set' position and dives from base to a stationary ball – repeat as above

Phase Three

Repeat above practice with feed from coach/wicketkeeper with cones spread 8m apart and player must stop ball going through cones and throw back to coach/wicketkeeper

- Practice left and right in alternate sequence
- Practice either left or right at random

Phase Four – Hunting in packs

Working from left-right and visa versa players practice sliding round the boundary and stopping the ball whilst team-mate collects and throws in

Phase Five – Judging the run v Hunting in packs

As above but with batters deciding how many runs they can complete against the fielding team. Coach hits ball out to designated fielders

Note:

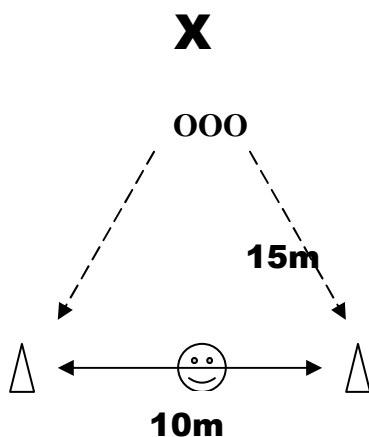
Ensure that each stage is coached progressively through;

- Set position
- Base for dive (turn)
- Throw
- Dive (stop and gather)
- Get to feet and throw
- Roll, get to feet and throw

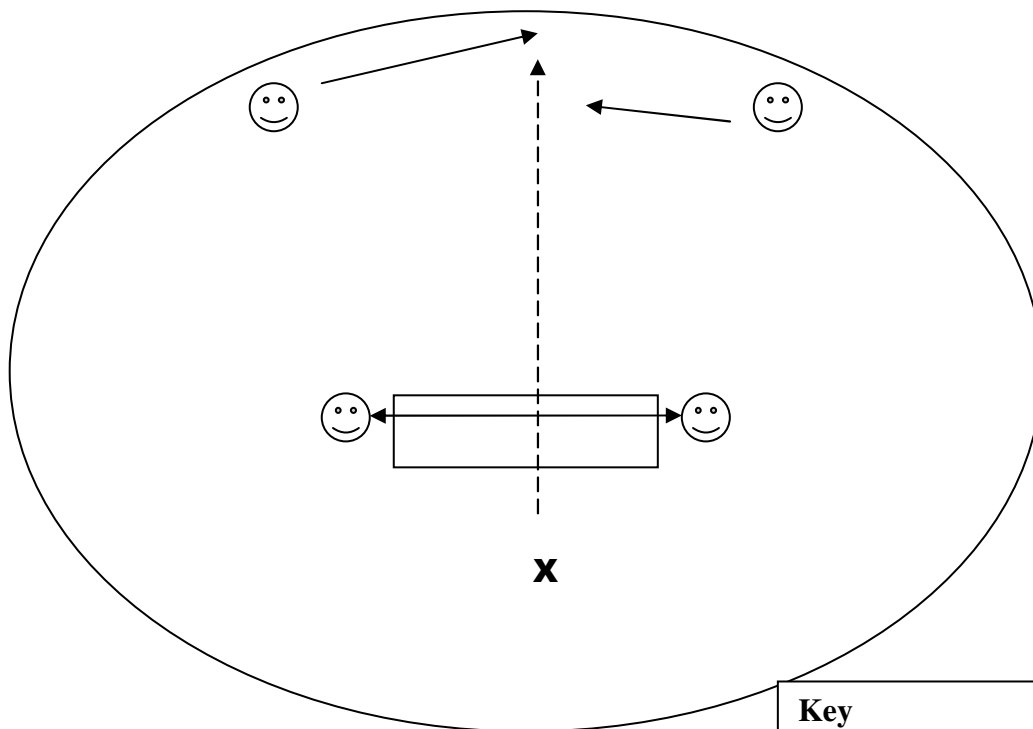
Mick Piggott (ECB Level III Coach, Assessor and Tutor)

Diagrammatic Layout for Sessions

Phases One – Three



Phases Four and Five



Key

X = Coach/Feeder and/or Wkt

△ = Cone

😊 = Player/fielder

OOO = Stumps

→ = movement of player

- - - → = movement of ball