



Fielding Curriculum – Year 7 and 8 (11-13 years old)

Coaches need to place a lot of emphasis on fielding at training. Once techniques have been learned activities should be short and sharp at high intensity and, if possible, include an element of competition. Under the new format fewer fielders leads to more area to cover, pick up, throw, catch, backing up and teamwork. Slip catches are more likely.

Fun!!!

- Use imagination for fielding practices.
- Create games/activities to develop skills and keep things fun.
- Short and sharp to keep intensity high.

Throwing technique

- Important to coach correct throwing technique from an early age.
- Build strength through repetition of a safe throwing action.
- Underarm throwing – short throws for speed and accuracy, in the infield close to the wicket for run out situations.
- Overarm throwing – longer throws for power, distance and accuracy from midfield and outfield.

Watch the Cricket Victoria video below on throwing with Glenn Maxwell.

<https://www.youtube.com/watch?v=IrXJ-6so8AU>

Watch Mike Young in this Cricket Australia video on throwing technique.

<https://www.youtube.com/watch?v=qnbwn3FaGJ8>

Catching technique

- Strong hands.
- Soft elbows.
- Take ball under eyes if possible.
- Watch the ball all the way into hands.

Close catches

- Close catches usually taken at or below waist level by fielders close to the pitch in positions such as slips, gully, silly mid-off and silly mid-on.
- Stay down with hands low and ready until ball is sighted.
- Watch the ball all the way into the hands.
- Fingers pointing down, or sideways depending on the line of the ball

Watch this Cricket Victoria video on flat catching and the basics of catching with Glenn Maxwell.

<https://www.youtube.com/watch?v=IX0zAzcZs4c>

High catches

- Fielders positioned in the midfield or outfield often must take catches above chest level.
- Move swiftly to get into position under the ball.
- Keep head still and hands high.
- Watch the ball all the way into hands.
- Practice conventional and reverse cup and go with personal preference.
- Conventional cup tends to be easier if on the move while attempting catch.

Watch the Cricket Victoria video below on high catching with Glenn Maxwell.

<https://www.youtube.com/watch?v=8oX2eBvkhV8>

Long barrier – Defensive ground fielding

- Fielders need to intercept and stop fast moving balls in midfield or outfield. This is especially useful when the outfield is uneven.
- Right-arm throwers go down on left knee and left-arm throwers go down on right knee if possible.
- Create 'long barrier' with foot and horizontal shin of opposite leg.
- Aim to take ball under your eyes.
- Elbows out in front of knees.
- Align barrier perpendicular to line of the approaching ball.

Moving to and attacking the ball – Attacking ground fielding

- Fielders must be alert and ready when the ball comes to them.
- Attack the ball hit along the ground.
- Speed to the ball is essential.
- Move to the line of the ball, take short quick steps with bent knees and hands low and ready.
- Take ball out in front of the eyes and bend elbows as you take the ball.

Watch this Cricket Victoria video on ground fielding with Glenn Maxwell.

https://www.youtube.com/watch?v=W3JM_kXQmoM

Diving

- Anticipate type of shot being played.
- Stay low.
- Push off outside leg to dive laterally.
- Watch the ball right into the hand/s.
- Try not to land on elbow which may jolt the ball out.

Aggressive attitude

- Adopt the mindset that you want the ball to come to you.
- Develop confidence through technique and practice under pressure.

Throwing with opposite arm

- Introduce at an early age.
- Develop strength in opposite side of the body.
- Can be fun to practice.

Watch this Cricket Australia fielding masterclass video with George Bailey.

<https://www.youtube.com/watch?v=pyjZ-9eO5FI>