



## **Wicket Keeping Curriculum – Year 7 and 8 (11-13 years old)**

Wicket keepers have an important role to play but can often be neglected by the coach and under utilised. This is often due to the coach not having the time to work with the wicket keeper and because coaches tend to shy away from working with wicket keepers because they feel they lack the knowledge and understanding of wicket keeping. The coach should try to spend time working with the wicket keeper, developing their all-round game. At this age coaches should also encourage more than one player to get an opportunity to develop his/her wicket keeping skills.

Under the new format, wicket keepers will receive more balls at a realistic height. Coaches should pay attention to positioning, depth and alignment when standing up and back and glove work.

### **Glove presentation**

- Cupped gloves rise underneath the ball off the pitch.
- Let your gloves ride or 'give' with the ball.
- Fingers should not be pointed towards the ball.
- Use both hands to create a large target to catch the ball.
- Elbows must bend to absorb the ball impact.

### **Positioning**

#### **Full crouch.**

- Gloves fully open as though holding a soccer ball
- Arm comfortably extended forward (to crease if standing up) and touching the ground (do not lean on gloves) Gloves are the last components to leave the ground as the wicketkeeper rises. To perform this skill, the buttocks must be the first part of the body to rise, which forces the gloves to stay on the ground longer

#### **Semi-crouch.**

- Wicket keeper stays in power position with knees bent and weight on balls of feet.
- Gloves are positioned just slightly lower than knee height

Watch the video below with Sam Billings on positioning.

<https://www.youtube.com/watch?v=W7xDMC47UPU>

### **Depth and Alignment**

#### **Standing up**

- Position the inside foot (left foot when keeping to right handed batsmen) in the line of off stump and mark a line running directly back from the stump using your foot.
- Then mark another line running parallel to the crease line approximately two feet lengths back from the stumps.
- Place the ball of your inside foot where the two lines intersect, then move into the crouch position.

#### **Direction of feet**

- Feet pointing towards bowler – this positioning allows for the best view of the bowler and the ball.
- Outside foot and hips pointing towards mid- off – this allows the wicket keeper to access the off side with a little more ease.

#### **Standing back**

- Wicket keeper should position themselves where they get the best view of the bowler.
- The ideal depth will vary and depends on the pace of the bowler and pitch. The important aspect is that the wicket keeper catches the ball around stomach height or where the ball just starts to dip after going past the batsman.
- Wicket keepers should ensure that they are constantly assessing their depth because factors such as wearing of the ball, wearing of the pitch and tiredness of the bowler will have an effect on the wicket keeper's depth.

### **Head position**

- Always take the ball in line with your head where possible.

**Watch the ball**

- Encourage watching the ball all the way into the gloves.
- Use distractions in training (shadow batsman) to help focus on the ball only.
- Ensure clear view of ball (practise to left-handers and bowlers bowling both sides of the wicket).

**Role of the keeper**

- Team motivator
- Setting the standard in the field
- Field Marshall
- Bowlers assistant

Watch the video below of Jack Russell Masterclass Part 1 on wicket keeping.

[https://www.youtube.com/watch?v=9\\_6XI0r3-EQ](https://www.youtube.com/watch?v=9_6XI0r3-EQ)

Watch the video below of Jack Russell Masterclass Part 2 on wicket keeping.

[https://www.youtube.com/watch?v=5ozsDbT\\_Wt4](https://www.youtube.com/watch?v=5ozsDbT_Wt4)