



Lesson plan
Empower Cricket Drive

Perfecting fielding

Aim

Improve throwing and catching at a range of distances

Equipment needed (2 people)

1 ball / cones

How to play

1. Pairs stand roughly a metre away from each other with a thrower holding a ball and a catcher facing away
2. The thrower calls "turn" and throws the ball to the catcher who turns and attempts to catch the ball
3. If successful, the catcher takes a further step away and repeats
4. Players swap places if they drop a ball or if the catcher makes 5 catches in a row

Difficulty

Easier – start with the catcher facing the thrower; allow time for catcher to turn; throw slowly

Harder – throw quickly; catch one handed; vary height and direction of throws

Further skills

Run out to retrieve a rolling ball, turn on the far cone to catch the ball while it's moving

Diagram

