

HorshamJnrCricket@Home – Wk1 (23.i.21)

Fielding - Close Catching

Watch the first 2m 30s of the following clip: [Buzz About Cricket Fielding Drills at Home](#)

The key points to remember are:

- Base - feet just over shoulder width apart, weight slightly forward
- Head position (in line - watch the ball into your hands)
- Hands (little fingers cross, register how ball goes into the hands)
- Variations – High/ Low/ Harder/ 1 hand only (forearm parallel to the ground)
- Throw into a corner
- Stay low and react
- Variations low (ground fielding)/ sponge ball/ golf ball
- Not much footwork but moving/ reacting



Batting i - Grip, Stance & Backswing

[DHM – Batting #1 Grip, Stance and Backswing](#)

Practice this in front of a full length mirror or video yourself.

Batting ii - Backswing & Contact Point

Watch the following SCCC video - [Back swing & contact \(loom.com\)](#)

- Bat needs to go back before it can go forward
- Do not want a push technique
- Contact under the eye line
- Top hand/ bottom hand only (find dominant hand to direct ball)
- Both hands (still use dominant hand to direct the ball)
- Target game
- Hit through the ball



Bowling i - Basic Bowling action

[DHM – Basic Bowling #1](#)

[DHM – Basic Bowling #2](#)

Practice this in a narrow corridor, bowling at a target



DHM (23.i.21)