

'Keeping & bowling — hit the 'keeper's gloves!

Theme

A general introduction to wicket keeping, and the link between the 'keeper and bowlers.

Format

- Wicket keeping basics — stance, hands, movement; *catch the ball* (30 mins)
- Hit the gloves" — bowling relay game with emphasis on the *'keeper taking the ball* (10 mins)
- Pavilion/carousel cricket, players to bowl & keep (20 mins)

Activities

Wicket keeping basics

Partner drills (1): in pairs, 3-4m apart, throwing the ball for partner catch on the first bounce; include stump or tall cone as reference for 'keeper & target for thrower.

Partner drills (2): as above, but with keeper standing with both feet inside a hoop — emphasise "always keep one foot in the hoop — foot nearest the ball steps out of the hoop, other foot stays in". N.B. taller players (or smaller hoops), stand astride the hoop.

Partner drills (3): as in (1), above, but partner tries to hit cone placed at half volley length directly in front of 'keeper. 'Keeper to stand in low "Z", but with only hands in front of cone.

Hit the 'keeper's gloves

Bowling relay (or, ideally pairs) switching after 4x deliveries, with points for a clean take by the 'keeper.

Better Cricket – more than just a game!

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Notes

We demonstrated the modern “Z” stance — feet shoulder-width apart, knees bent, torso leaning forward from the waist, head over the toes (approximately), hands together & extended forward somewhere between knee- and waist-height — but focused much more on the quality of the catching than the posture.

The sessions had to work for the “generalist” as well as any budding specialists ‘keepers, so it is pitched as an *introduction* to ‘keeping whilst also engaging those players who will never don the gloves in a match.

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