

Cricket Training

Fielding

There are three aspects of Fielding : **1. Catching** **2. Stopping of the ball** and **3. Throws**.

There are two positions in fielding 1. Close-in Fielding 2. Out-field. Technique and physical training for various positions varies. Players have to test their physical and mental capabilities for various positions for specialization; spectators love to see a good and active fielder. Players also enjoy displaying a good work on the field.

Assets of a Good and Active Fielder

Catches win Matches is an old saying, but saving 30-40 runs on the field is as good as scoring 30-40 runs. Throws also play a vital role to turn the result of the match. A run out can cut down the vital score of a centurion. Sometimes the bowler can not dislodge the batsman with all his skills; a fine throw can change the complex of the match. So it is essential to practice hard on the fielding aspects. Important Technical points have been instructed in my basic skills of Fielding.

CATCHING

I. Close-in Position:



Close in Position (Side View)



Close in Position (Front View)



Receiving the Ball

1. Legs should be parallel to each other and at a shoulder width distance.
2. Head and hip should be bent and in one line.
3. Head should be up and still, watching the ball.
4. Hands together, away from the body and not resting on the thighs.
5. Fingers should be bent and relaxed, not stiff, catch the ball at the bed of the fingers, not in the palm or fingers.
6. Wicket Keeper and 1st Slip should watch the ball from the bowler's hand.
7. Second slip and other slips upto Gully should watch the edge of the bat.
8. Silly Point fielder standing in front of the bat, should watch the blade of the bat.

PRACTICE METHODS:

1. Under Arm throws catching.
2. Using the bat.
3. Using the Tennis balls onto the wall.
4. Fielding Gadgets.
5. Using the Roller.

Close-in fielders must have **1. A safe pair of hands**, **2. Quick reflex action or agility** **3. Sharpness in judging the ball and movements**.

Different Angles of Catches:

1. Sideways running catches on either side
2. Stretch Catches
3. Movement Catches
4. Catches over head
5. Diving catches for slow and medium pace bowlers



Stretch catch (Forward)

II.) OUTFIELDER:



Start of an outfielder



Positioning for a high catch



Finishing Position for a high catch

1. Running speed should be fast.
2. Strong shoulder for boundary line throws.
3. Incorrect technique of throwing injures the shoulder, 95% of the fielders are injured due to wrong technique of throws.
4. Safe pair of hands.

Training:

1. Judge the ball distance when it goes up and be under the ball, join the hands well in advance of the catch, do not join it late or do not keep the hands loose, keep your eyes on the ball.
2. Do not keep the hands separate.
3. Both the hands should be over the head and receive and watch the ball in the hands upto the chest.
4. Body should be balanced and under control.

Practice:

1. Hit the ball high with the bat.
2. Use the throwing machine.

III.) PICK-UPS or STOPPING THE BALL:



Barrier Stop



Chasing Pick Up



Sideways running

1. Sideways running pick up, keep the foot behind the ball, slow down near the ball to pick the ball. A speedily running fielder would not be able to bend and in such cases tries to stop the ball with his leg.
2. Barrier stop for the faster strokes only on turf grounds.
3. Chasing pickup, pickup the ball on the outer side of the foot, not inside the legs.
4. Forward running pickup.

Practice:

1. Throw the ball to the either side of the fielder.
2. Players must run parallel and practice sideways running pickup.
3. Throw the ball for chasing pickup.

A run saved is equivalent to a run scored. Each fielder should be able to save at least 30 to 40 runs. It is an asset to the side; a good fielding display is appreciated by the spectators as well.

IV.) THROWS:

There are three types of Throws :

1. Close-in fielder should learn and practice to throw the under arm throw, side arm and reverse arm throw.
2. Close-in fielder can throw flat throws.
3. Boundary line fielders should throw over-arm throws with proper techniques to avoid shoulder injuries.



Under arm throw position



Follow through after the throw



Over arm throw position



Follow through after the throw

Proper technique of all throws should be learnt and practiced. Specific physical exercises for particular muscles involved in throws should be exercised. If the shoulder is injured due to wrong technique, it should be treated properly. Rehabilitation exercises are important. Correct throwing techniques are therefore vital for a fielder.

V. DIVING & SLIDING:



Diving 1st Step



Rolling after the catch



Sliding

Cricketers have to learn proper Technique for Diving, skidding & sliding. Improper Technique will lead to injury of the players. Learn and practice proper technique to avoid injuries. Practice the above basic skills of fielding to improve your fielding.