



WK STANDING UP

A STANDING UP WICKET KEEPING DRILL, REPLICATING A TURNING BALL, WORKING ON SPEED BEHIND THE STUMPS

EQUIPMENT & SETUP:

You will need a set of fusion stumps (or similar), a set of balls (leather cricket balls can be used with a Crazy Catch or we have lighter Crazy Catch Vision Balls) and a member of the Crazy Catch Classic range (Our bestselling Wildchild Classic is seen in this video). The Crazy Catch net is placed in front of the stumps about 5 metres out and the adjustable bar extended fully to create a 90 degree angle. The wicket-keeper is positioned close up behind the stumps facing the Crazy Catch set on the SANE side with the INSANE side therefore lying flat on the ground. For the progressions Chris uses a flexi stump set with slates to provide deflections and distractions.

ACTIVITY:

The coach or feeder stands just off the shoulder of the wicket-keeper demonstrating the correct posture and starting position (see coaching points) either on the offside or leg side and feeds the ball onto the sane side of the Crazy Catch. The wicket-keeper is looking to collect the incoming ball and take the bails off quickly in one fluid movement, ready for the next ball in.

TOP TIPS:

As a wicket keeper you should always look to take the bails in any drill or practice situation so it becomes second nature. It also gives the opportunity of creating a wicket by stumping if there is any slight drag of the batspersons foot off the crease.

PROGRESSIONS:

- The feeder changes positioning to be in front of the keeper, where a batsman would be standing, to create a little bit of interference and impair the wicket-keepers vision of the incoming ball. For extra challenge, the feeder can step in towards the path of the ball also to mimic a batsman going to block the ball. Start on the off side, where the wicket-keeper has vision of the incoming ball and then move to the leg side where the wicket-keepers vision is fully impaired.
- We are now looking to now recreate a batsman nicking the ball using interference to make the sound. Move the Crazy Catch net back a little bit to give the wicket-keeper a bit more time to see the ball.

Remove the bails in every training drill so it becomes second nature in a game - Chris Taylor

SET UP DIAGRAM:



COACHING POINTS:

Posture and Starting Position

- Good angles between the thigh and knee
- Good angles between the thigh and hip joint
- Torso upright
- Hands in a neutral position

Take

- Big target with the gloves
- Head and hands inline with the ball
- Hips snap back with arms following to take the bails off

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TAKE AND BREAK

REPLICATING THE BALL BEING THROWN IN FROM THE BOUNDARY ON THE BOUNCE WITH THE MODERN "IN FRONT" TAKE

EQUIPMENT & SETUP:

Stumps, a ball and a member of the Crazy Catch Classic range are required (Our bestselling Wildchild Classic model is seen in this video). The Crazy Catch net is placed where gully would stand whilst the wicket-keeper is positioned in between the stumps and the Crazy Catch net. In the demonstration we have use the Crazy Catch on an 85 degree angle and using the SANE side so the INSANE side is flat on the floor.

ACTIVITY:

Your wicket-keeper self feeds their own throws onto the Crazy Catch net then use the moment of the throw to swipe the ball to the stumps. Repetition is key once the technique is mastered. This technique is the "in front" method which modern wicket keepers are using as its quicker than the tradition "behind" method where a second arm movement is needed to take off the bails.

TOP TIPS:

Understanding where your stumps are is absolutely key in this drill. Position your right foot at the base of the stumps (post leg) and that leaves your left foot to be flexible and pivot to the direction the ball.

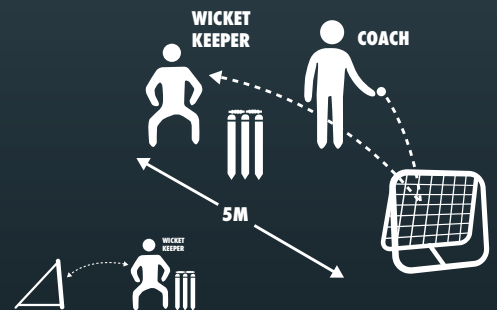
The laws of cricket allow you to remove the bails with your hand or ARM, providing the ball is held with such arm. Encourage your wicket-keeper be creative in using their body and momentum to dislodge the bails for example the use of spins.

PROGRESSIONS:

- Adjust the angle and direction the Crazy Catch net so that the wicket-keeper has balls coming in on both sides of the body. Firmer throws will increase the speed of the rebounds and give your player less time to react.
- Flip over to use the INSANE side of the Crazy Catch which will provide extra variation and challenge for more senior or experienced wicket-keepers.

Understanding where your stumps are is key with the modern technique - Chris Taylor

SET UP DIAGRAM:



COACHING POINTS:

Set up

- Position between stumps and thrower
- 'Post Leg' positioned next to the stumps
- Non 'Post Leg' flexible to react to the ball

Take

- Hands relaxed
- Push hands out towards ball to intercept throw
- Use the balls momentum to take bails off

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SEIZE THE RUN OUT

WICKET KEEPER AND/OR FIRST SLIP RUN OUTS FROM BALLS CLIPPED OFF THE HIP OR PUSHED INTO THE OFFSIDE

EQUIPMENT & SETUP:

A single stump is set up at the wicket-keepers end a few cm's behind and a member of the Crazy Catch Classic range set on a wide A-frame shape. Stumps with a pug or pop up net are set at the other end of the wicket. The wicket-keeper is positioned behind the single stump facing down the wicket with the Crazy Catch net pointing away to the leg side and off side. The coach feeds over the shoulder of the keeper.

ACTIVITY:

Random feeds onto either side of the Crazy Catch, looking for speed off the mark and getting rid of the glove quickly to present the throwing hand. Players should work on getting inline to the "target" stumps when throwing.

TOP TIPS:

The best teams in the world hit the stumps 1 in every 4 or 5 times, so manage your expectations especially with younger players. Speed to the ball, pick up and alignment to the target are 3 key factors to hitting the stumps success.

Adding a turn on pick up can add more power to a throw. AIM! Look at the base of the stumps before release

PROGRESSIONS:

- To replicate a ball coming down the leg side, but hitting the batsman's thigh pad and instead going down the off side - wicket-keeper being wrong sided.
- Add a first slip to take the opportunity of the run out, ensure to set up as if it is a slip catch.
- This practice makes a great game. Create two teams and give 2 points for a direct hit and 1 point for getting the ball in the net. Do best of 20 throws or a certain time period before calculating the scores. You could also try varying the starting position of the players eg- back turned, lying down. This exercise is great for agility, speed off the mark and reaction times.

Speed to the ball, pick up & throw alignment are 3 key factors to hitting the stumps- Chris Taylor

SET UP DIAGRAM:



COACHING POINTS:

Set up

- Athletic position, ready to move
- Anticipate the run out opportunity
- Speed off the mark and towards the ball
- Coordinated footwork during pick up (1 or 2 hands)

Throw

- 'Replace' feet after pick up inline and towards the target
- Ball from ground to shoulder quickly
- Throw with a high slot (elbow high)
- Allow arm and body to follow through towards target after release

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CLOSE UP CATCHES

FIELDING AT SHORT LEG AND SILLY POINT ... THIS IS A GREAT EXERCISE TO PRACTICE REACTION CATCHES AND AGILITY

EQUIPMENT & SETUP:

Take a Crazy Catch Upstart or Wildchild Classic 2.0 plus a variety of Crazy Catch Vision Balls. Position the Crazy Catch on it's side with the nets at 45 degrees facing towards the short leg / silly point fielding positions. A Coach/feeder is kneeling in front of he Crazy Catch and the fielders in their set positions. Helmets should be worn to get used to seeing the ball through the helmet.

ACTIVITY:

The coach/feeder throws balls into each side of the Crazy Catch net for the fielders to make reaction catches. Skim throws work well (as well as feeds on the full). It's possible to feed alternate players or them both together. Every so often the coach shouts the word "SAFE" and the fielders get into their safe positions as quick as they can. Ensure fielders practice both positions and switch over roles.

TOP TIPS:

Most important thing about fielding at silly point or short leg is that you must be safe. Arrange a safe word and when the coach shouts that it signals the batsman is playing an aggressive shot so both fielders go into their safe positions. The safe position for silly point is a jump up whilst turning your back on the ball – you're looking to protect your feet and ankles here, as most off shots are on the floor.

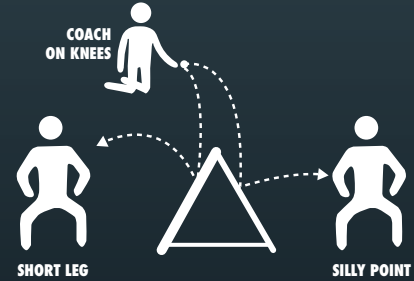
Sweep or pull shots on the leg side are generally in the air, so you're looking to get as small as you can at the short leg safe position – protecting any exposed joints like hands and elbows by folding into a deep squat.

PROGRESSIONS:

- Vary up the level of Crazy Catch Vision Ball you use so they react slower or quicker off the Crazy Catch net and off the INSANE side of the Crazy Catch net. The red level 3 ball has a harder shell so is more unpredictable off the net.
- You can make always make it a 'Best of Ten Catches' competition to test and reward the fielder's agility or re-create the best ever close up catches think Ollie Pope vs South Africa!

The most important thing about fielding at silly point or at short leg is that you must think safety first - Chris Taylor

SET UP DIAGRAM:



COACHING POINTS:

- Set up
- Safe position (see photo)
 - Hands out in front
 - Forearms relaxed
 - Head level
 - Soft focus
 - Stay low
- Catch
- Head and hands in line with the ball
 - Give with hips, not hands

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TUMBLE PICK UPS

A GREAT TRAINING IDEA TO PRACTICE RUN OUT OPPORTUNITIES FOR THE FIELDERS IN THE RING USING TUMBLES

EQUIPMENT & SETUP:

A member of the Crazy Catch Classic range (the Professional Classic is used in this video) is set at a 90 degree angle and we are using the INSANE side so the SANE side is flat on the ground. A single flex stump is pinned behind the Crazy Catch through the net as a initial run out target. Set up a second set of stumps with a mini net or pug goal placed behind it. A set of balls will be needed and this is a multi-player rotation drill.

ACTIVITY:

This is a two phase drill with two run out techniques practiced. The first is a close up underarm shy at the stumps picking up a moving ball and the second being a wider ball with a second player having to react with a slide, dive or tumble to collect the ball and look for a direct hit at the stumps.

TOP TIPS:

Look to introduce the tumble first ... the fielder is looking to land on the back of their shoulder blade as its nice and easy on the body. Contact point is the shoulder blade ... right shoulder blade when moving right or left shoulder blade when moving left.

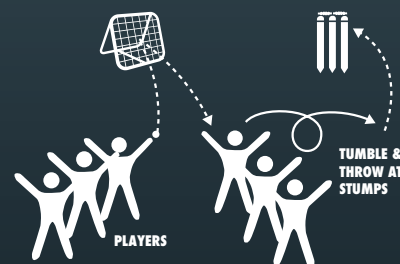
When the fielder gets up, they should be facing the wicket and can look to convert those run out chances.

PROGRESSIONS:

- Vary up the level of Crazy Catch Vision Ball you use so they react slower or quicker off the Crazy Catch net especially off the INSANE side of the Crazy Catch. NB - The red level 3 Vision Ball has a harder outer shell so it's even more unpredictable. Leather cricket balls can be used too.
- Alter the angle of the Crazy Catch away from the second fielder to develop the need to use slides or dives to stop the ball and then attempt a run out. Be realistic with expectations of success with these opportunities especially with younger players.

Modern fielders need to slide, dive & tumble to save runs & create runouts- Chris Taylor

SET UP DIAGRAM:



COACHING POINTS:

Set up

- Athletic position, ready to move
- Anticipate the run out opportunity
- Speed off the mark and towards the ball
- Walking in

Tumble

- Half step towards line of ball
- Two handed pick up outside line of foot, stay square to the target
- Allow the body to go to ground after pick up (don't fight the ground)
- Contact point is shoulder blade (see top tips)
- Momentum should bring the player quickly back up to standing position

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