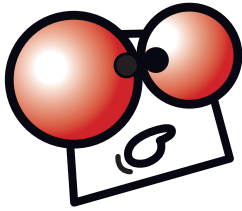




Ladder work 2

Set-up - have the ladder placed on the ground with plenty of space off the end of it, as the players are to run through facing forwards. You need different markers available to adapt the drill after players have come through the ladder (see diagram).



COACHING TIP

The 'set' position is the position players should get into just before the batsman plays a shot whenever they are fielding. It's a ready position, with knees slightly bent, weight on the balls of their feet and hands out in front of their body. Imagine a goalkeeper in football getting ready to make a save...

