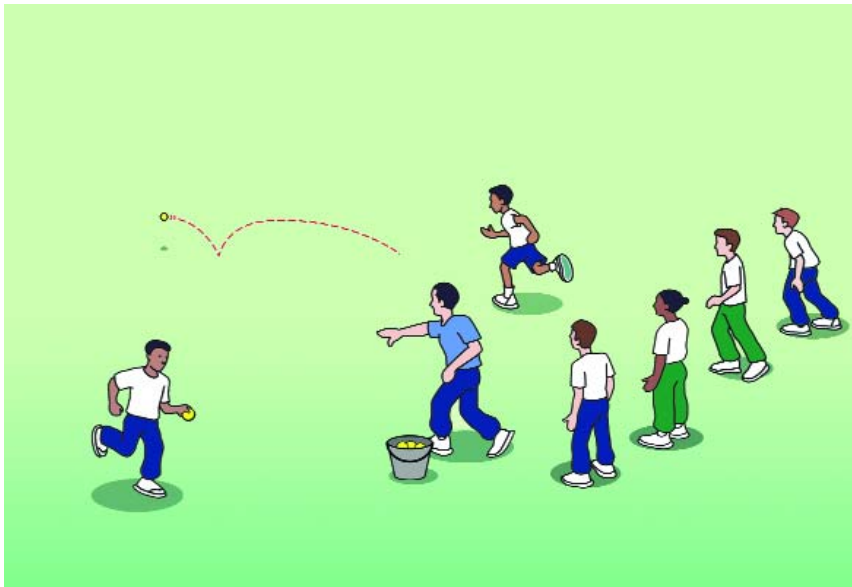


Fielding - 1. Keep bucket full

Equipment



5 minutes



COACHES CORNER

Get the young players running around. A good way to improve fitness levels

- Have a bucket full of balls beside you
- Line players up
- Throw balls out at regular intervals
- Player fields ball, runs away from oncoming feeds and places ball back in the bucket
- Player then re-joins the back of the line
- Carry on until bucket is no longer full

Notes

Award Level Criteria



- Well behaved
- Enthusiastic
- Actively involved
- Basic balance
- Basic agility & athleticism
- Basic co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination



- Well behaved
- Enthusiastic
- Actively involved
- Good balance
- Good agility & athleticism
- Good co-ordination
- Demonstrates basic technique
- Consistently stops the ball



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently fields the ball cleanly



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently fields the ball cleanly and anticipates coaches feed well