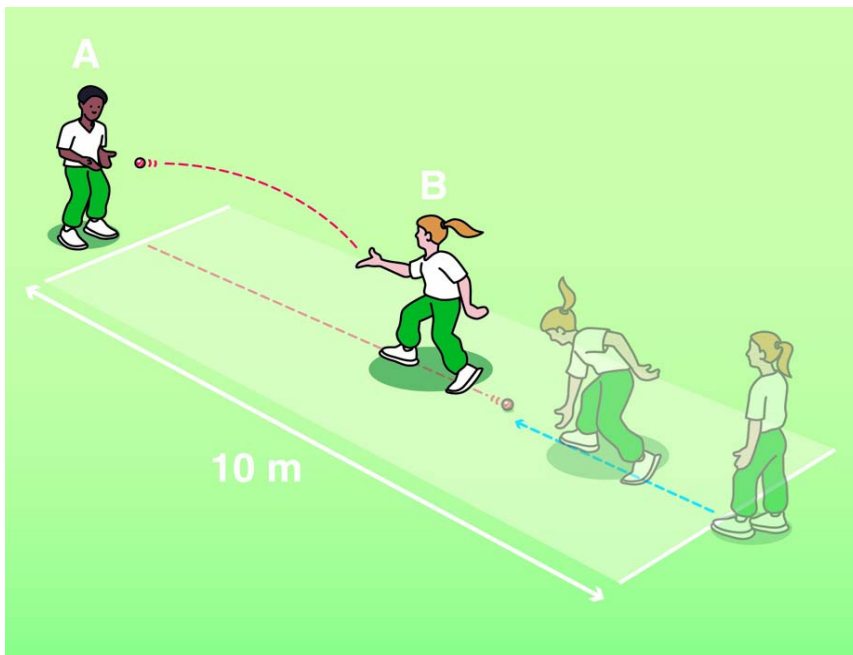


Fielding - 7. One handed pick up & throw

Equipment



20 minutes



COACHES CORNER

A great test of agility, balance and co-ordination. Use a batsman trying to make his/her ground running alongside to replicate a match situation

- No.1 rolls the ball to halfway point
- No.2 attacks the ball
- Underarm to partner (no bounce)
- 5 goes each and change
- Balanced and low
- Watch the ball, pick up outside throwing foot. Stay low
- Throwing hand arm and body follow through towards target

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 picks up the ball one handed and throws well



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Consistently picks up the ball one handed at game pace and throws accurately



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Consistently picks up the ball one handed at game pace and throws quickly and accurately