

Fielding - 8. Chase & Throw

Equipment



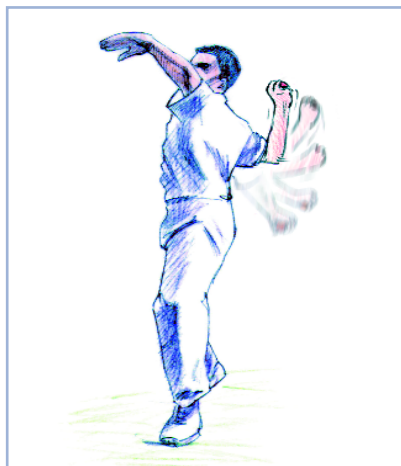
10 minutes



COACHES CORNER

Accuracy, athleticism and balance are key for this exercise.

- Line players up alongside coach
- Coach rolls ball out
- Player runs to retrieve ball and throws ball back to coach (or wicket keeper)



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
- Chases the ball well and is able to pick up and throw consistently



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Shows good speed to the ball. Picks the ball up cleanly. Throws accurately.



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Shows good speed to the ball. Picks the ball up quickly and cleanly. Throws quickly and accurately.