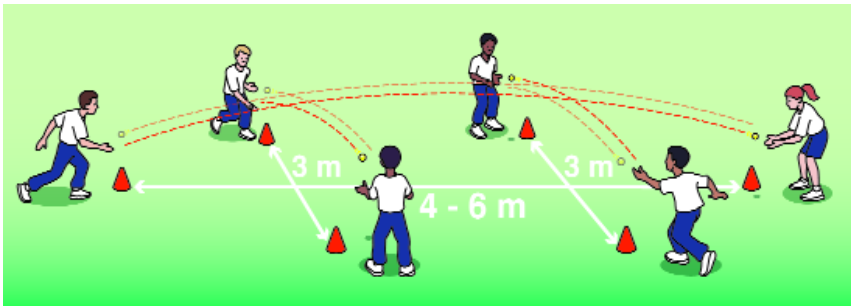


Wicket Keeping - 2. Distraction Drills

Equipment



10 minutes



COACHES CORNER

Use noise as well as visual distraction for this exercise

- Have a batsman stand in front of wickets, playing shots, but intentionally missing the ball

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
- Shows ability to catch while being distracted



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Catches consistently despite distraction. Slight drop in performance



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- Distraction has little affect and performance is unaffected.