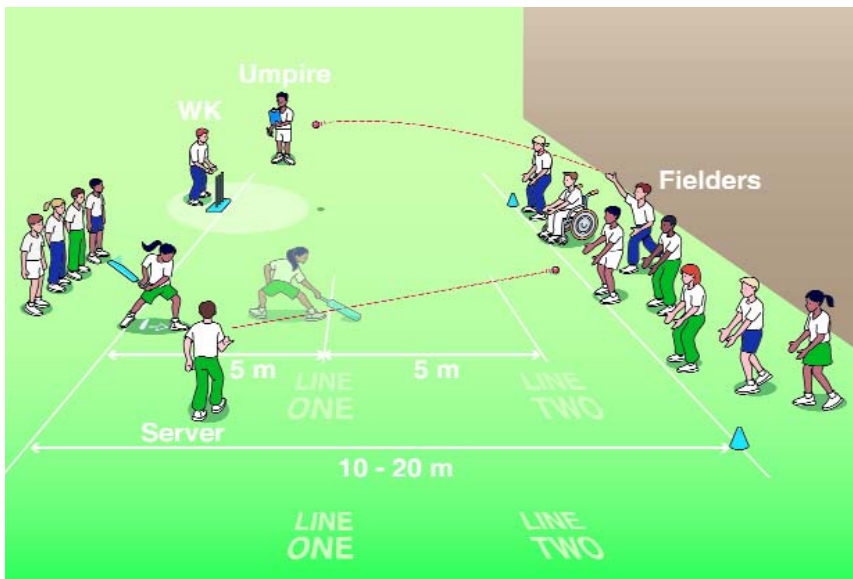


Keeping - 4. Lord's/Continuous/Pairs Cricket

Equipment



30 minutes



COACHES CORNER

There's no better way to see how a keeper performs than in a match situation but it's not just about catching; how do they motivate others, read the game situation and pressurise the batters?

- Consider bowling / feed type
- Reinforce wicket keeping work from target bowling session
- Focus on being on the balls of feet when ball is being fed / delivered
- Focus on making catching area of gloves as big and wide as possible

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
- Performs well, completing over 60% of all takes. Demonstrates sound footwork and catches with large catching area



- Actively involved
- Very good balance
- Very good agility & athleticism
- Very good co-ordination
- Good technique
- Good overall performance. Motivates team and bowlers. Completes 75% of takes, demonstrates good footwork and catches with large catching area.



- Actively involved
- Excellent balance
- Excellent agility & athleticism
- Excellent co-ordination
- Very good technique
- High performance level in games and under pressure. Motivates team and bowlers. Completes 90% of all takes, demonstrates excellent footwork and catches with large catching area.