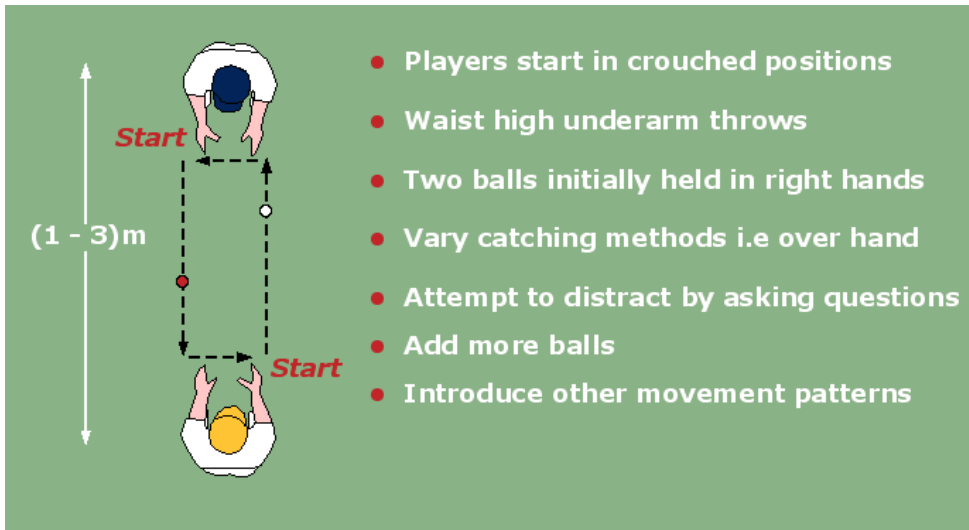


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### Progression Pairs



The diagram shows two players, one in a white shirt and blue cap, and one in a white shirt and yellow cap, crouching and facing each other. A dashed rectangle between them is labeled '(1 - 3)m'. Arrows indicate the path of a ball being thrown from one player to the other. The word 'Start' is written in red at the top and bottom of the rectangle. To the right of the diagram is a list of instructions:

- Players start in crouched positions
- Waist high underarm throws
- Two balls initially held in right hands
- Vary catching methods i.e over hand
- Attempt to distract by asking questions
- Add more balls
- Introduce other movement patterns

#### Skills involved

**Hand Awareness**

#### Requirements

##### Area

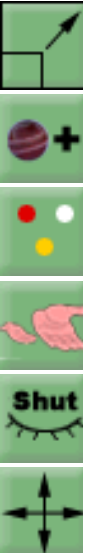
Small

##### Group Size

2+ (pairs)

##### Equipment

2+ balls / pair, coloured balls



### Drill Description

Catchers crouch in pairs. A basic pattern of throwing is set up (2 ball rectangle, cross throws, side throws). The coach leads the pair or group through a graded progression involving addition of balls, overhand catching, colour calling, pattern changes, and questions. The aim is to extend the fielders by gradually increasing the demands on their skills, perception, discrimination and decision-making capabilities in a fun, supportive environment.

### Drill Coaching Points

Variations of this drill include:

- the distance between catchers
- number of balls
- path of throws (straight, cross, rectangle)
- catchers move towards and away from each other
- set up in two pairs throwing across each other
- catches with hand on top of ball

This is potentially the most demanding hand awareness drill, since the player has to focus on such tasks as answering questions while keeping the drill movement pattern going. This tests the degree to which the catching skills have been automated. It indicates how much mental capacity is required for the skill execution and how much is available for processing other factors in the environment.

The demonstration shown in the movie is for advanced fielders, but the general methodology can be applied at any level.

### My Notes