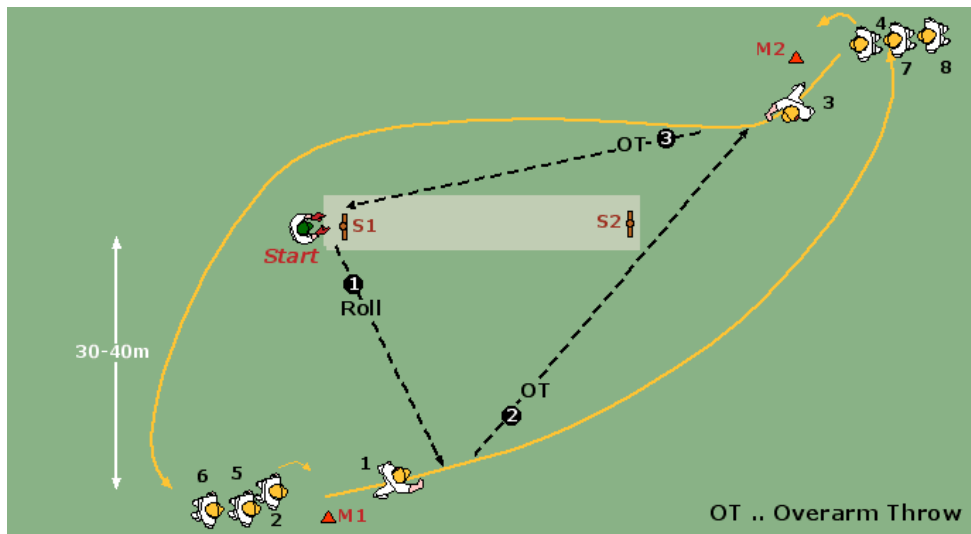


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Back Up Double Play



Skills involved

Overarm Throw
Crow Hop

Requirements

Area

Large

Group Size

9+

Equipment

2 sets of stumps, 2 markers, 2 balls / group

Drill Description

WK rolls the ball in the direction of cover point. F1 at point (M1) attacks the ball, picks it up and overarm throws at the bowler's stumps (S2). If the ball hits the stumps either F1 or F3 must retrieve it and overarm return to the WK. If the ball misses the stumps, F3 backs up and overarm returns to the keeper. Both throwers follow the direction of their throw and advance to the end of the opposite markers (M1 or M2). The crow hop should be used for the longer throws.

Drill Coaching Points

Variations of this drill include:

- distance back of markers
- reverse direction
- bounce throws
- underarm, overarm or combination throws

A standard back up drill that can be used for all fielding positions by changing the positions of the markers. By increasing or decreasing the distances, overarm and underarm throws or combinations can be developed through a wide range of angles. Rather than being in a direct line with the throw, by placing the markers strategically, the back up can be trained to run into a back up position from other angles.

My Notes