

**Drill # 40      General Foot work - Agility - 1**



**Key Factors**

- Keep the weight on the balls of the feet
- "Sit the backside down" with a straight lower back
- Move sideways in a straight line, pushing off the inside leg
- Maintain flexed knees through sideways movements

**Skill Description**

A vital component of good wicket keeping is effective footwork. In normal takes, the feet are used to move the body into a balanced position where the eyes are directly over the gloves which are in line with the ball. Generally the body is kept low, which requires strong quadriceps (the large muscles in the front of the leg above the knees) and lower back muscles. Sideways movement in such a position will be made easier with good weight distribution on the balls of the feet. For high catches and run outs, good footwork refers to quick, short steps that get the body into a balanced position to take the catch or complete the run out.

**Skill Execution**

The weight of the body should be kept on the balls of the feet for quick, balanced movement. Strong, powerful movement is generated by the quadriceps muscles which push off sideways. With sideways movement, your inside leg is used to generate the power. The outside foot is the first to move, as you push off the inside one, maintaining a low, forward posture. Keep the knees bent and a straight lower back through all sideways movement. This ensures you can always move strongly. Combine good weight distribution and bent knees with a "sitting your backside down" feeling for a posture which will allow you to move quickly. The amount of sideways movement needed is determined by the line of the ball. The aim is always to have the head directly over the gloves which are over the line of the ball.

**Drill Description**

Two markers are placed 5 metres apart. The keeper stands between the markers, facing a thrower who underarms the ball straight to the keeper. The keeper returns the ball immediately after the catch then moves sideways to touch a marker with one glove. The keeper then receives another catch in the middle before moving across to touch the marker on the other side, and so on. If the thrower has two balls, the pressure can be increased by a quicker return throw to the keeper while the returning ball is still in the air.

**Drill Coaching Points**

The aim of the thrower is to provide quality training for the keeper. Ensure technically good sideways movement and posture are maintained. The timing of the throws must be appropriate for the skill and fatigue levels. If the keeper can't get outside of the ball, slow the throws down to give more time for sideways movement, then begin building up speed again. Extend the keeper without detrimentally rushing their foot work. Try to ensure the quality of the foot work is maintained longer each session.