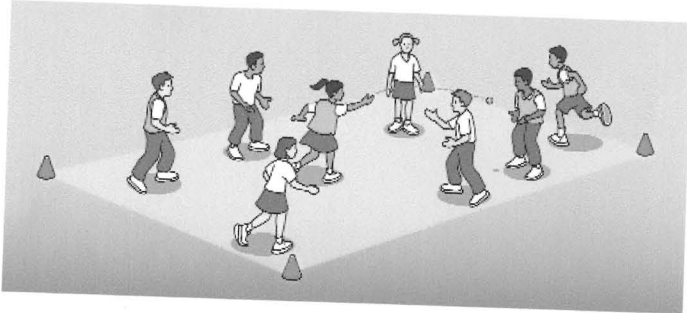


# DRILLS : KEEP BALL, DISTRACTION CATCHING, THROWING CIRCLES

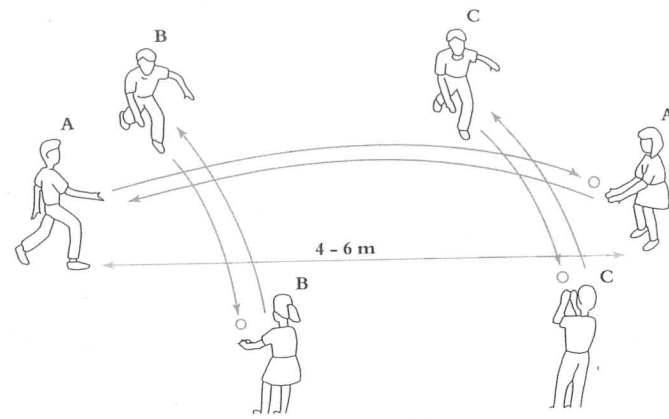
## KEEP BALL

12 1 4 10 mins

- Players are divided into two teams.
- Players pass the ball to team members.
- Once 5 consecutive passes have been made one point is scored.
- Combine with mobility exercises.

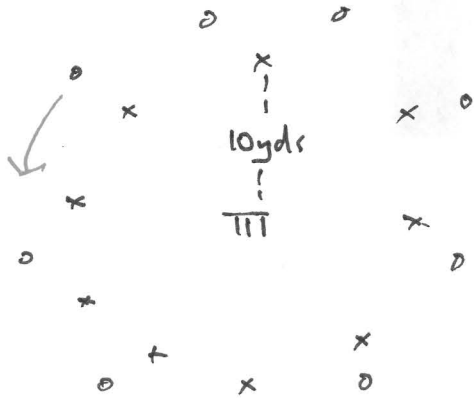


## DISTRACTION CATCHING

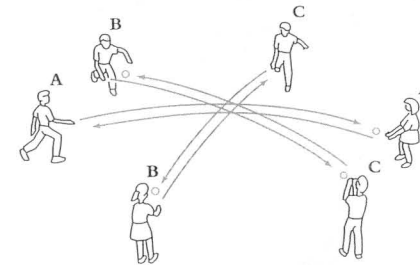


## THROWING CIRCLES

x = CONES  
o = FIELDERS



PLAYERS JOG - THROW AT STUMP - OTHER PICKS UP + THROWS ON RUN



## BATTLING - OFF DRIVE

x = CONES  
o = FIELDERS

|||  
BATTER  
↑  
COACH

x 3 x 5 x 3 x  
o o o

SCORING - 6 BALLS  
• POINTS FOR HITTING THROUGH CONES  
• -5 IF CAUGHT