

FIELDING SKILL 4 - ONE-HANDED INTERCEPT AND UNDERARM THROW

This is a fast and effective method only to be used when there is a chance of a run out, when the ball is travelling slowly on a smooth surface, and a short accurate throw is required.

SIDE VIEW

FRONT VIEW

Fig.1 Fielder approaches ball in a balanced, aggressive manner taking short strides. **As the ball is played, the fielder is perfectly balanced, in a low crouched position, weight on the balls of the feet, with the head still and eyes level.** Experience may allow a certain amount of anticipation.



Fig.2 Fielder assesses line of ball and moves at speed onto a line slightly to the non-throwing side of the ball.



Fig.3 Fielder picks up the ball outside the throwing foot, fingers pointing down with the non throwing foot trailing behind. Head is kept as steady as possible. Watching the ball into the hand.

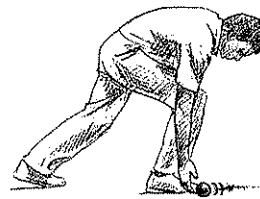


Fig.4 Fielder maintains low body position. Moves head up to sight target. Throwing arm completes backswing and commences downswing. **N.B.** Length of backswing depends on distance and speed of throw required.

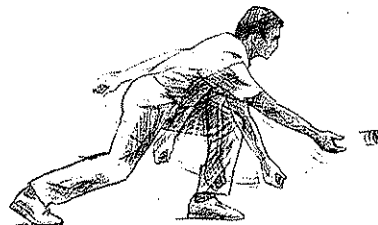


Fig.5 Fielder maintains low body position throughout the follow through with the throwing hand, arm and body following through in direction of target. Eyes remain fixed on target throughout.

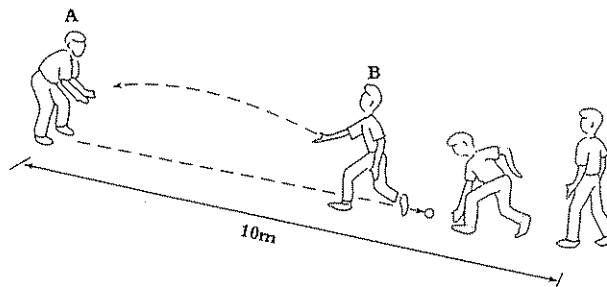


FIELDING SKILL ACTIVITIES - ONE-HANDED INTERCEPT AND UNDERARM THROW

ACTIVITY 1 - PARTNER ROLLING

Organisation: Divide the group into pairs. Player A rolls ball to player B who intercepts it and returns with an underarm throw. Player A adopts close catching position. 5 attempts then change roles.

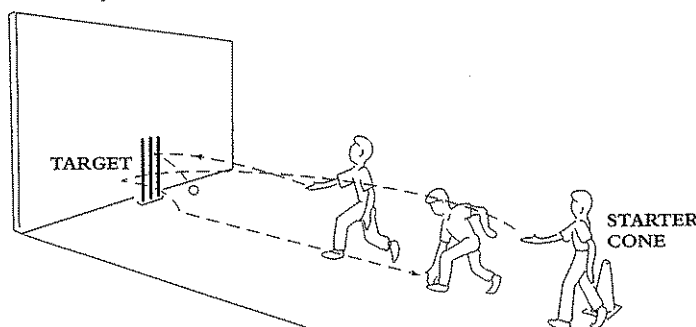
Equipment: 1 tennis ball per pair.
Progress to harder ball.



ACTIVITY 2 - REBOUND FIELDING

Organisation: Organise the group as shown in the diagram. Fielders stand on one side of the sports hall and roll the ball at the opposite wall. As ball strikes wall, fielder moves quickly forward, intercepts the ball and throws at target. Fielder collects rebound, returns to cone and repeats. If space is restricted fielders may work in pairs; one throwing, one fielding.

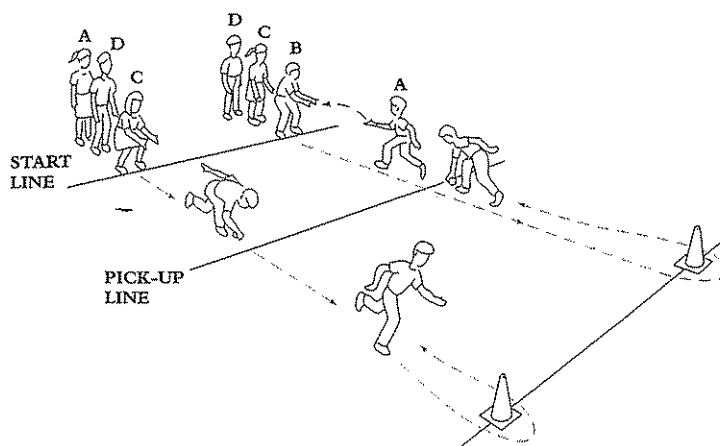
Equipment: 1 tennis ball per player.
Solid wall.
Targets - stumps or markings on wall.



ACTIVITY 3 - THROW AND CATCH RELAY

Organisation: Divide group into groups of 3-5 and organise as shown in the diagram. Player A sets off without the ball, runs round the cone and picks up the ball on the return run and throws underarm to player B. Player B catches the ball and sets off, replaces the ball on its mark, runs round cone, picks up the ball and returns underarm to the next player. The winning team is the one first to have all players complete runs.

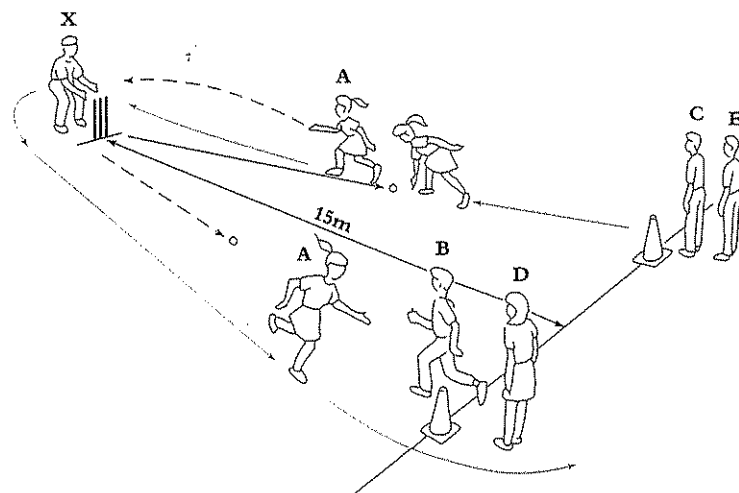
Equipment: 1 ball per group.
1 cone per team. Chalk markings.



FIELDING SKILL ACTIVITIES - ONE-HANDED INTERCEPT AND UNDERARM THROW

ACTIVITY 4 - 'AROUND THE KEEPER'

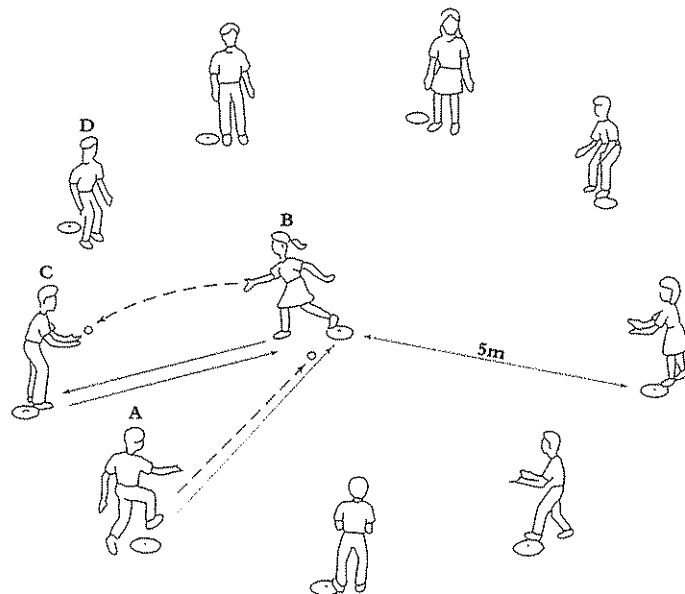
Organisation: Divide main group into smaller groups of 6-8 and organise as shown in the diagram. Player X rolls the ball to player A who moves towards it, picks up and throws underarm back to player X. Player A then runs round the back of player X to join the back of the other team. Player X rolls the ball towards to player B who repeats the process. Activity continues until all players have run and thrown twice. With more able groups, player X may use 2 balls, rolling to alternate sides.



Equipment: 1 ball per team (start with tennis ball initially) 1 set of stumps
2 cones.

Organisation: Divide main group into smaller groups of 10. Players form a circle with a 5 metre radius. One player stands in the middle. Player A rolls ball to player B and then runs to the centre (avoiding player B) Player B picks up the ball one-handed and throws underarm to player C, and runs after the ball to take player C's place. Player C picks up and throws to player A who throws underarm to player D and so on until all players have been in the centre. First to complete wins.

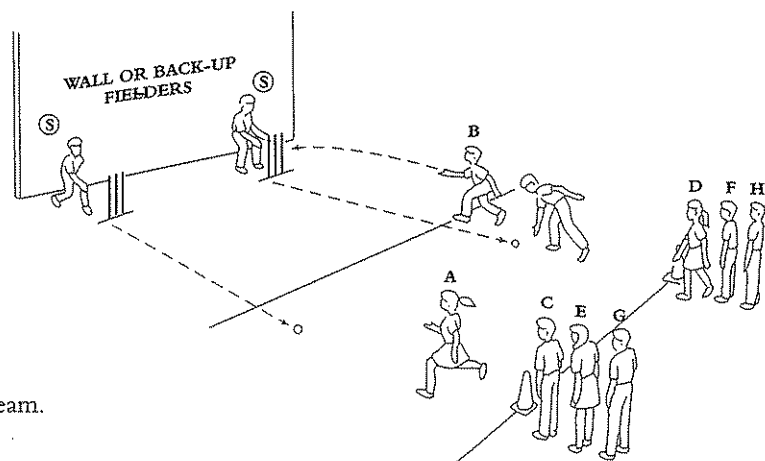
ACTIVITY 5 - HOME AND AWAY



Equipment: 1 ball per team (tennis ball recommended initially).
1 place marker per player.

Organisation: Organise the main group into smaller groups of 5-6 and arrange as shown in the diagram. Servers roll the balls simultaneously to cross line. When the ball crosses the line, fielders A and B intercept the ball and throw underarm to hit the stumps. Fielders are not allowed to cross the line. Balls retrieved by fielders of from wall and returned to servers. Pairs B, C, D etc then compete against each other. One point is given for each successful hit.

ACTIVITY 6 - DIRECT HIT CONTEST



Equipment: 1 ball per team. 1 set of stumps per team.