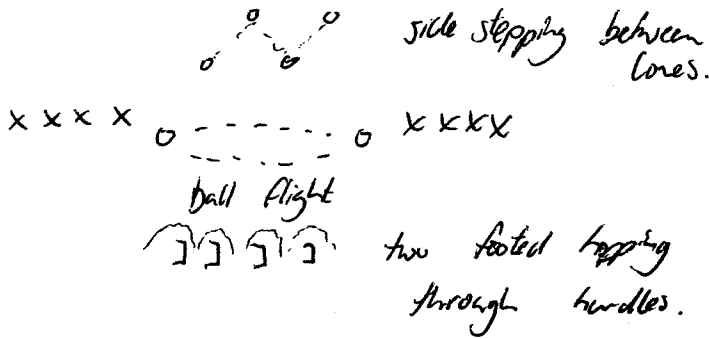


RORY'S DRILLS + GAMES

Ideas for Warm Ups + Fielding games

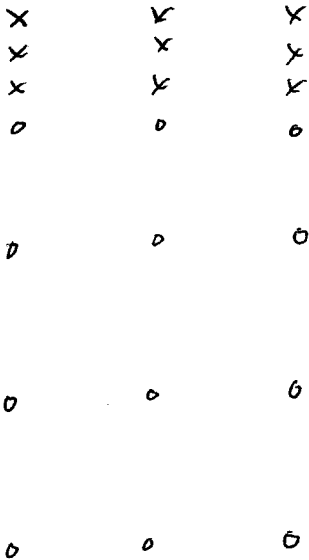
① Catching Relay

Normal ball flight with added LTAD movements, after they have caught and thrown ball.



② Relays

x = plays
o = cones

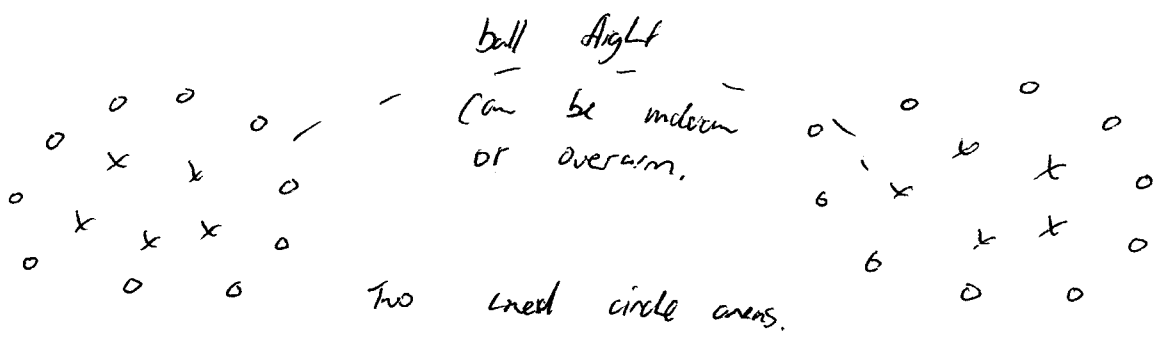


Variety of movements to start.
Running, skipping, side steps, hopping, running backwards etc.

Ball added and movements can be continued or changed depending on group. Could add balls of different size, weight etc.

(truss could be added
under arm over arm etc)

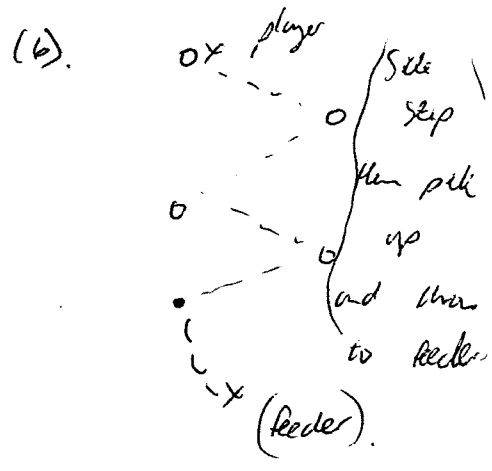
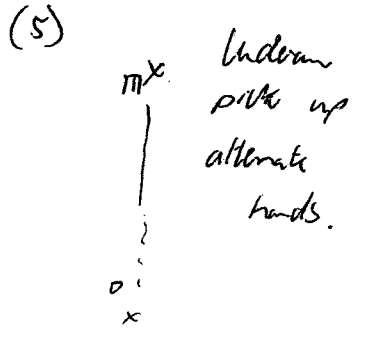
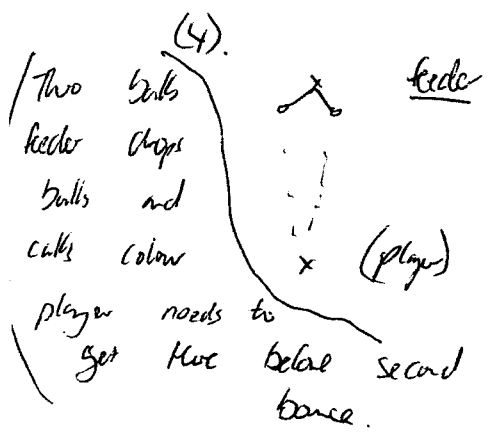
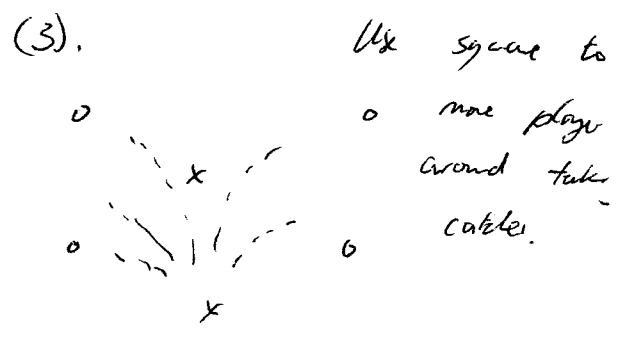
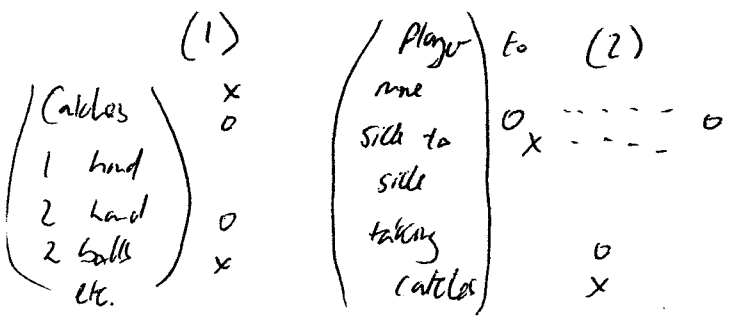
3. Circle game



Rules: Two teams inside circles, ball to be thrown into other teams circle if the ~~the~~ throw misses circle the person who threw the ball is eliminated. If the throw lands in the circle the person closest to the ball is eliminated. Team left standing wins.

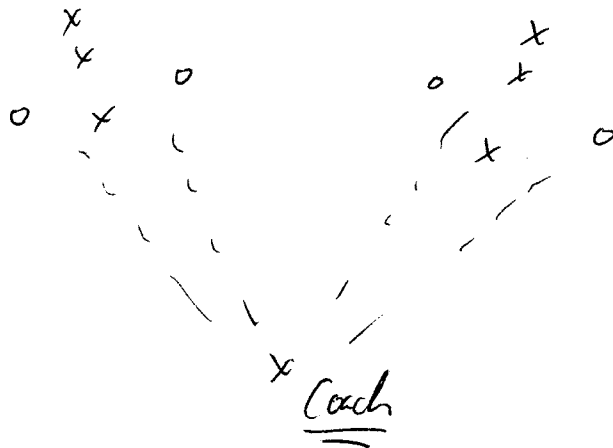
4. Fielding circuits. (In pairs)

60 seconds → 1 minute per station.



first person in pair does exercise for the period, then change and other person does exercise.

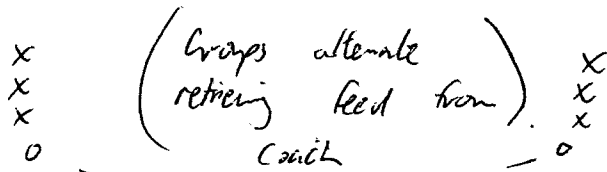
5) Goalkeepers



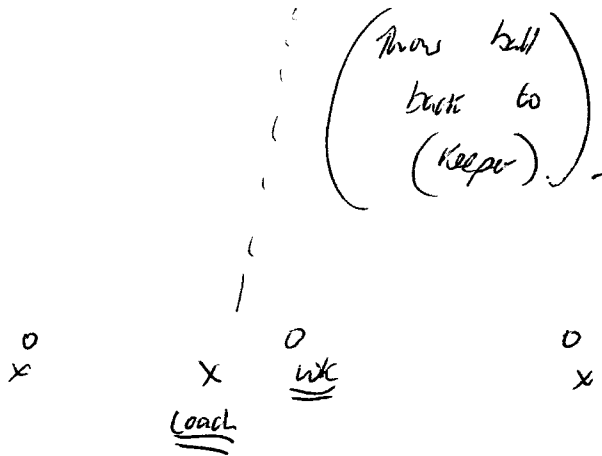
Coach to feed ball between goal (goals) trying to beat player and scoring system for competition.

6)

Drill



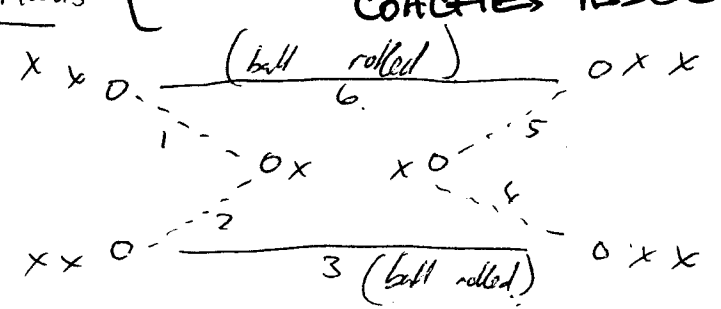
1. Coach feed groups alternate.
2. Move back to keeper
3. Follow to opposite group.
4. Take over that station



(Then follow through to opposite diagonal group and receive a catch or underman pickups and throw.)

Quick Hands (SAME AS 'FOLLOW THE BALL' IN MIDDLESEX COACHES ASSOC DRILLS ON NMCC WEBSITE)

7.



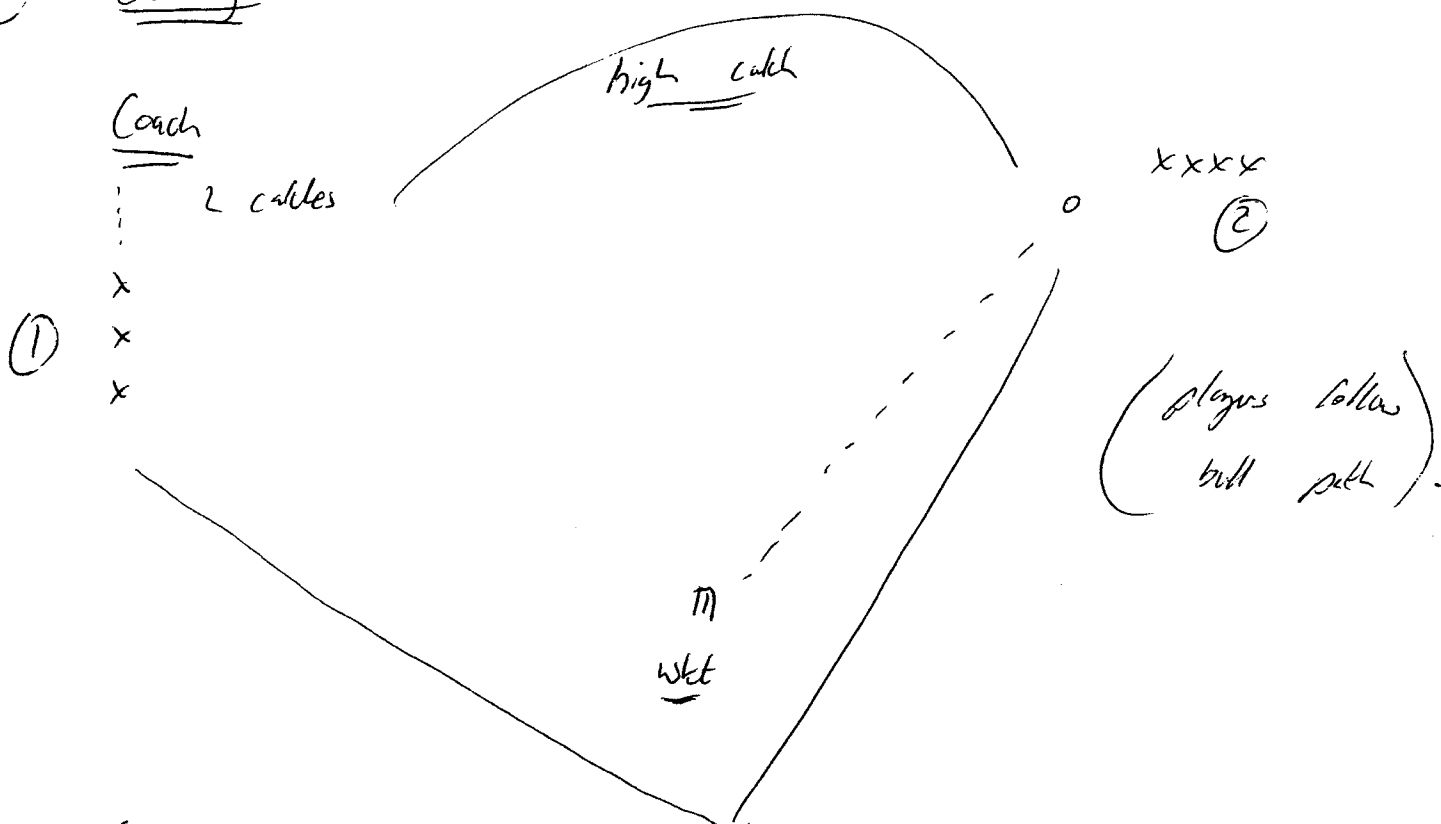
- ① (1 ball to start
2nd ball added)
- ② (players follow where they throw ball)

— = ball rolled
- - - = catch

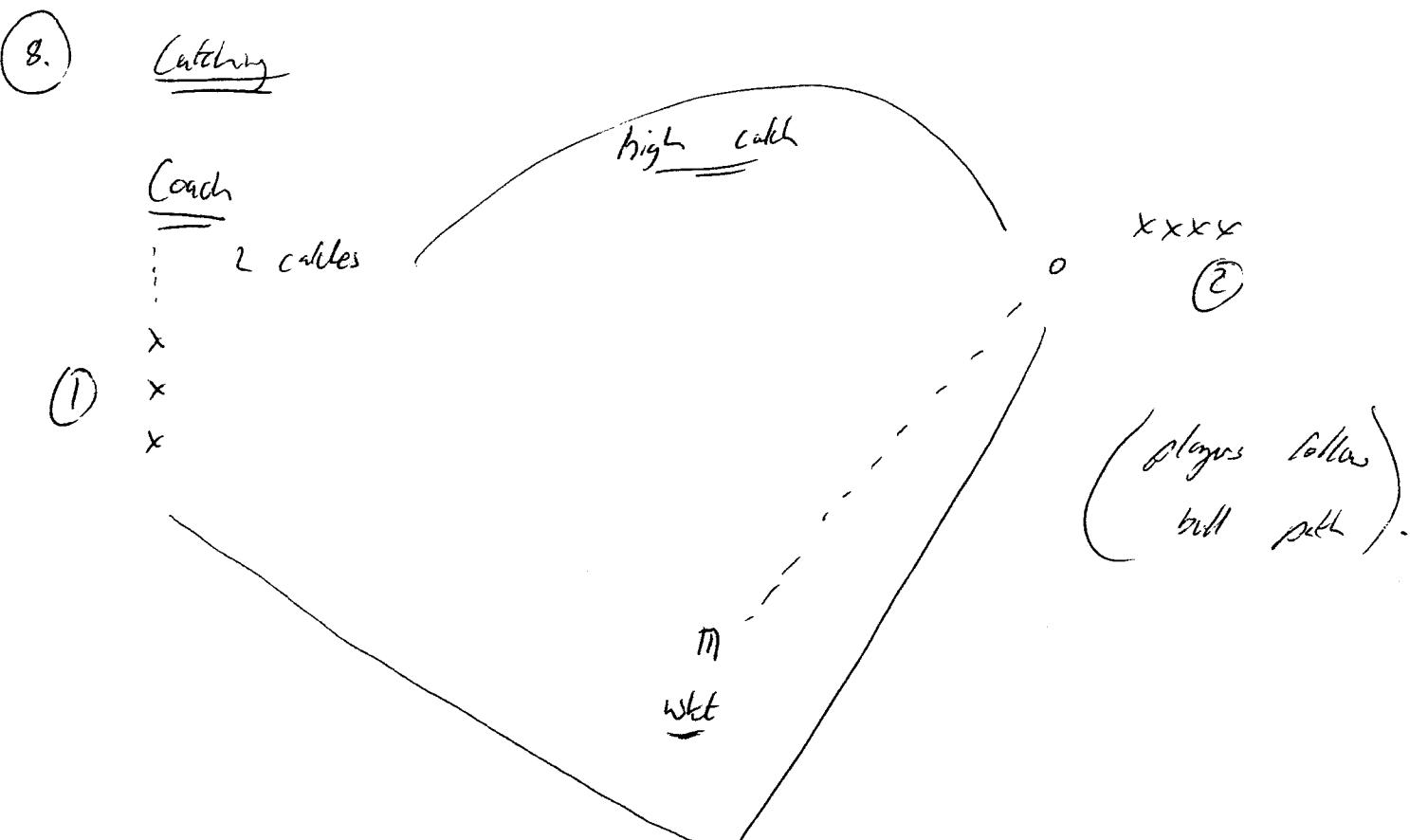
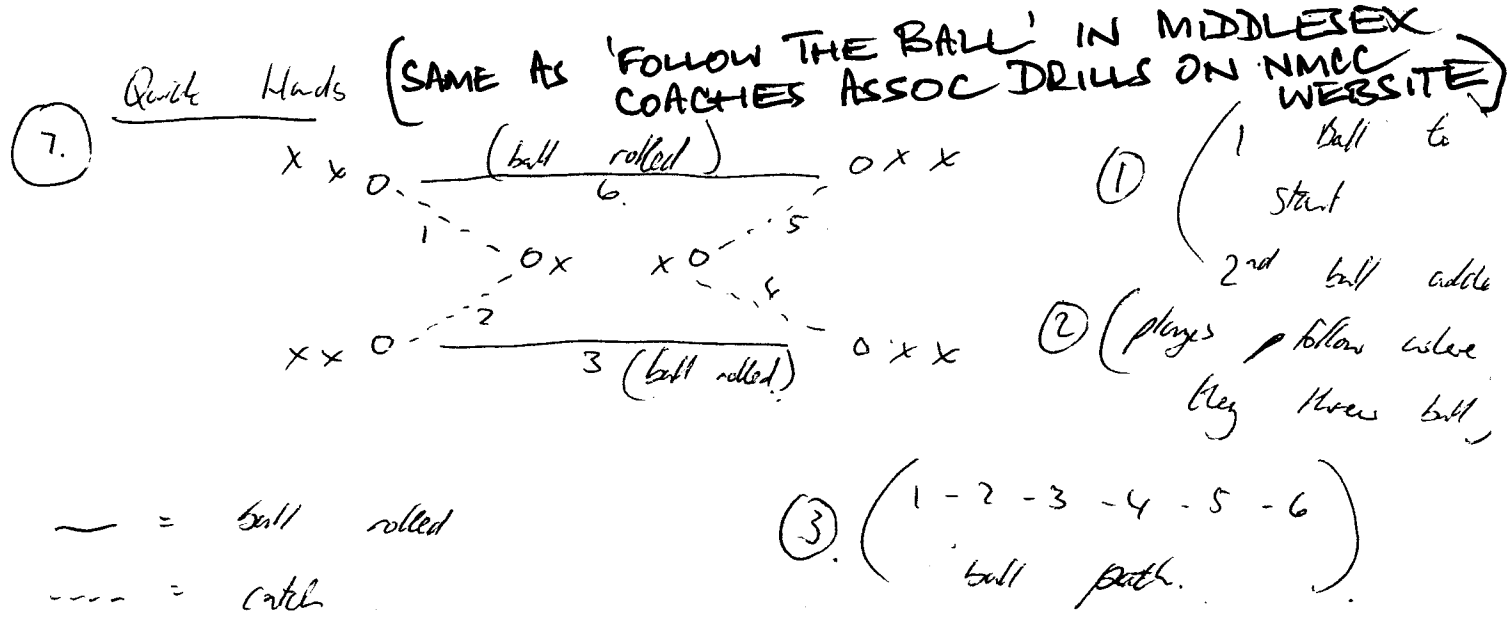
③ (1-2-3-4-5-6 ball path)

8.

Catching

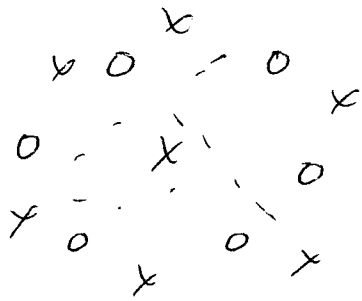


1. Coach hits two lower cables to first ~~area~~ player.
2. Then hits high catch to second group.
3. Catch taken and thrown to wicket.
4. Wicket (k) drops ball for collection behind Grimeth.
5. Player who throws ball collects.



1. Coach hits two low catches to first ~~group~~ player.
2. Then hits high catch to second group.
3. Catch taken and thrown to wicket (k).
4. Wicket (k) drops ball for collection behind ground.
5. Player who throws ball collects.

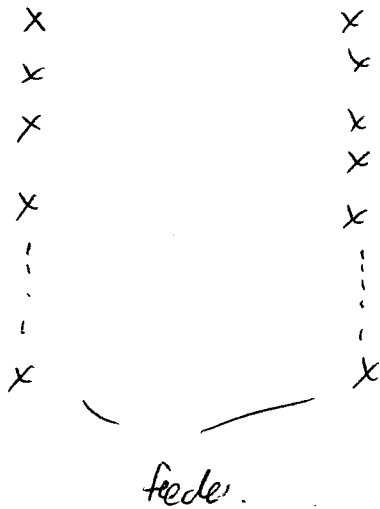
9. Dodgeball



1. 1/2 plays in middle of court area
2. Soft ball thrown underneath to hit players below waist.
3. If struck player who threw ball enters circle.

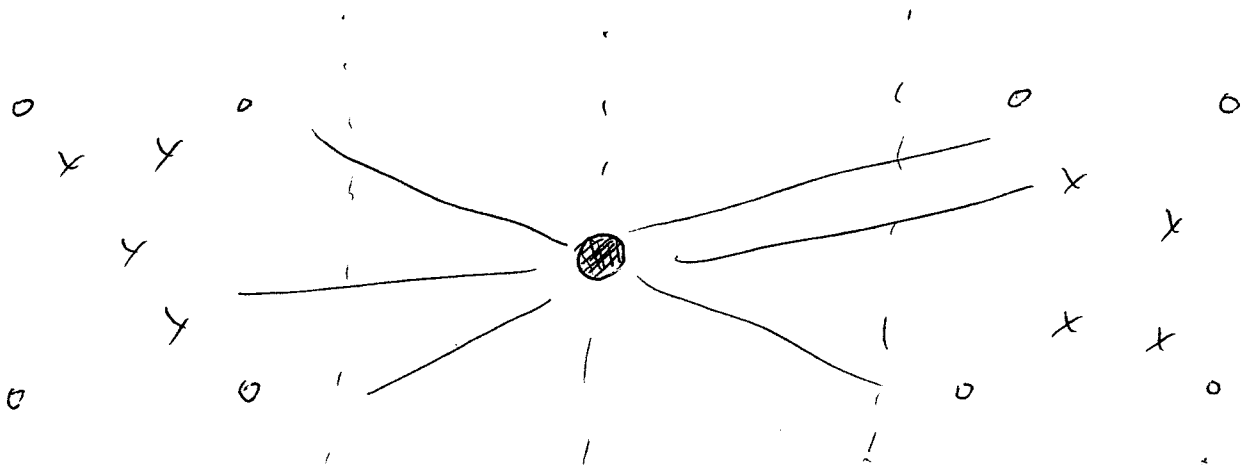
Backing up theme!

10. Reception game



1. Front player takes 1 catch.
2. Thereafter can choose to catch or make late to make feeder to catch.
3. If player behind drops ball they are out.
4. Wins last player standing.

11. One arm throwing (Over arm throws of large ball)



Try to knock ball past dotted line closest to other group.