

# Wicket Keeping

Description: the skill requires good judgement and quick reactions when standing up to and back from the wicket. The wicket keeper is the focal point of the fielding side.

## COACHING POINTS

### STANCE

1. CROUCHED & SLIGHTLY TO OFF SIDE OF BATTER
2. WEIGHT ON BALLS OF FEET
3. HEAD STILL, EYES LEVEL
4. RELAXED

### TAKING THE BALL

1. HEAD & BODY BEHIND BALL
2. RISE WITH BOUNCE OF BALL
3. HANDS "GIVE"

### TAKING HIGH BOUNCING BALL

ROTATE BODY MOVING OUTSIDE  
LEG & HANDS ALONG APPROPRIATE "K"  
(see markings over page)

side view



front view

