



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

Issue 5

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The Basics of Catching

Previously in the Performance Matters Newsletter we looked at 'Fielding on the One'. In this issue we will focus on 'Basics of Catching'. I am sure you have all heard the phrase 'Catches win matches'. It maybe an old saying but it is still very true. A great catch can lift your team and create sudden pressure on the opposition.

To be an excellent catcher you must have the motivation to do it and aim to be the best catcher in the team. In a game situation you should expect that a catch will be coming your way every ball.

You need to be physically fit (agile, flexible, good reactions and powerful). Also you should have good awareness of the ball and batters, other fielding positions (including your own) and awareness of the conditions.

Key points:

1. **Weight and Head Forward—ready**
2. **Get in a good position 'Crabbing'**
3. **Create a big catching area with your hands**
4. **Pick a point on the ball and watch it!**
5. **At point of contact with the ball, hold the height and the line of the ball, this will create a big catching zone.**



Source: www.baggvgreen.com.au

Hot Topic: Managing your Programme.

Young cricketers playing District or County Age Group cricket are often under the most pressure to play for lots of different teams. This can lead to you playing too much and not being 'fresh' for your most important games. Work with your clubs and other coaches to make sure this doesn't happen to you.

Sports Science Support: Physical Training (FITT Principle)

- F is for Frequency (how many times per week you train)
- I is for Intensity (how hard you train)
- T is for Time (how long each session is)
- T is for Type (what sort of training you do, e.g. Fitness, Skills or Sport Specific)

Post Contact Position and Follow Through

The previous issue of 'Performance Matters looked at the point of contact with the ball. In this Issue we will look at post contact and the follow through. It is important to understand that the stages of the shot that come before the follow through have a significant effect on the outcome therefore keep checking your 'Set-Up' 'Backswing and Step' and 'Point of Contact'

Post Contact Position: After contact with the ball, the weight and balance remain in the direction of the ball. For attacking shots the bat should accelerate on the line of the ball, therefore creating power in the shot. The hands and bat should also remain on the intended direction of the ball. One of the most important aspects is that you are balanced throughout the shot and your head remains steady and eyes fixed on the ball.

Follow Through Position: The follow through is the final stage of the shot at this point the process of the shot finishes and the outcome of the shot will occur. Even though this stage occurs after contact it is still an important part of the shot. The bat and hands should finish high. Head, hands and feet should still be inline and in a balanced position.

There are two types of follow through: the first is a 'Check Drive' and the second is a 'Full Follow Through'. In both cases the batter hits the ball with the full face of the bat then moves into the follow through. With regard to the 'Full Follow Through' make sure you make contact with the ball first; accelerate on the line of the ball then move into the follow through. See image right (Ian Harvey 2007)



'Post Contact Position and Follow Through'