



# Performance Matters Newsletter

*Developing Players through the Performance Pathway in Derbyshire*

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## FIELD PLACINGS

### Hot Topic

#### PRE GAME PREPARATION

**Being prepared is vital to being a successful cricketer.**

**This not only means preparing your technique throughout the winter but also preparing correctly for games.**

1. HAVE KIT READY THE NIGHT BEFORE A GAME
2. HAVE A GOOD NIGHTS SLEEP BEFORE A GAME
3. EAT AND DRINK CORRECTLY DURING THE LEAD UP TO THE GAME ENSURING YOU HAVE ENOUGH ENERGY TO PLAY

**AS THE SAYING GOES, 'IF YOU FAIL TO PREPARE YOU PREPARE TO FAIL!'**

Below are a list of guiding principles with regards to field placing

1. You must have knowledge of field placings for each type of bowling
2. What is the batsman doing?
3. What is the state of the game—at the start of a game we should look to attack. At other times, you may defend
4. Pitch conditions—generally the slower the pitch the straighter the field, and the faster the pitch the finer the field
5. Have your best fielders in the key positions e.g. midwicket to the off spinner.
6. You must have justification for moving a fielder. Don't chase the ball
7. Where is the bowler looking to bowl—for example would an away swing bowler have the same field as an in swing bowler?

## RUNNING BETWEEN THE WICKETS

Running between the wickets can be the difference between winning and losing close games. It is often the case when you look back at close games you see that the team that was the best running between the wickets wins the game. Pinching a single here or turning a two into a three there can add up to 10 or 15 runs across the course of a one day innings, often the difference between winning and losing. This is why it is so important that we run well between the wickets. To become a good runner between the wickets there are a few hard and fast rules to follow

1. Loud positive calls (YES, NO or WAIT)
2. Good backing up—with bat in correct hand (look to get down wicket)
3. Correct batter calling—i.e. behind square is non strikers call
4. Turn correctly—i.e. facing the ball.
5. Run in straight lines and on the correct side of the pitch—opposite each other
6. Run every run hard look to put pressure on the fielder.

