**Fielding**

**Catching : Low catches – fingers pointing down.**
Be on your toes with your hands together, watch the ball and let it come to you.
Move your feet so that you can always take the catch with two hands (and body behind the ball)

![Low catch](image)

**High catches – fingers pointing up.**

![High catch](image)

**Throwing: Overarm**
Correct grip, stand sideways on, have a high elbow, non-throwing arm aim at target, step and throw for extra power, rotate your body towards target like a baseball pitcher.

![Overarm throw](image)
**Batting**

**How to hold the bat: Grip**
Weak hand on top, strong on bottom. Make a 'V' with your index finger and thumb. Grip the bat so that the middle of your V lines up with the side/edge of the bat (flat side facing forwards!)

**Stance**
Stand sideways on to bowler, aim to step front foot toward where the ball will bounce. Keep head down and swing through the line that the ball is bowled
**Step forward and head down.**  
Try and hold a pose with your head remaining down whilst keeping the ball on the ground.

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**Follow through**  
After making contact with the ball continue the action to keep bat following the direction of the ball.

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**Straight drive**  
Have a tighter grip with your top hand. Wait for the ball, then move your towards the ball, try and hold a pose with your head remaining down whilst keeping the ball on the ground.
**Pull shot.**
Start sideways on with the bat high then when ball is bowl open up body so that it now faces the bowler, then strike the ball finishing in a balanced position with the bat low. Ball should travel along the ground and into scoring zone.

**Sweep shot.**
Sweep the ground/ ball out in front, played for any ball bowled in line or past the line of your legs.

**Cut shot.**
Begin with a push and as your timing gets better start to swing the bat through the ball (open the face of the bat up by pushing your strong hand forward and open your body up to face back down the wicket). Played for balls wide of wicket on the off side (bat side).
Bowling

Holding the ball
Grip ball in peace sign with thumb underneath

Bowling action
Draw bowling arm back and bring non-bowling arm up (show your muscles). Non-bowling arm is used to aim as well.
Lean back bringing weak leg up, stomp down and pull non bowling arm down (this will bring your bowling arm over your body)
Release ball!

Fast jog into delivery action, jump and land on back leg, bowl and follow through a few metres towards target then move off to the left hand side. Aim to the land consistently in an area that will then allow the ball to hit the top of off stump.
Bowling at areas of the pitch
Aim for batter toes (Yorker)
Aim for ¾ down the pitch (bouncer)
Vary the length, speed and placement of the delivery to keep the batter guessing... make them miss

Fielding positions
Fielders should be spread out evenly around the field
Stronger fielders should be placed where batters are more likely to hit (this will vary between batters)
Fielders are placed in cricket specific positions

http://news.bbc.co.uk/sport1/hi/cricket/rules_and_equipment/4179600.stm