

Cricket Federation for People  
with Disabilities

[www.cfpd.org.uk](http://www.cfpd.org.uk)

Registered Charity Number 1046858

## Exercise Drills



*The Wildgoose Way*

Altering people's lives through sport  
Members of the ECB Disability Management Committee

## 1. Fielding Drill - *Fielding - Partner back up -*

Players line up on either side of the court.

The coach rolls the ball towards the back net, X1 and X2 chase the ball. The closest to the ball fields the ball before it hits the back net.

If X1 fields the ball, that player must flick back to X2 who throws it back to the wicket keeper.

**Extension 1:** X1 fields the ball, X2 must back up at the "top" stumps and receive a flick back to the stumps, and then return throw to the wicket keeper.

**Extension 2:** After X1 has thrown back to X2 at the top stumps, they must run back down the side net, and receive a high ball off the net from X2. X1 must catch this on the full. X2 must quickly run down to the bottom stumps and receive the throw back from X1 at the wicket keepers end.

## 2. Bowling - *Bowling - Run up Drill -*

Players run through the markers with eyes up, looking down the wicket

Players then run through with the ball in their bowling hand.

Players then run through with eyes closed



## 2. Fielding - Drill - *Diagonals* -

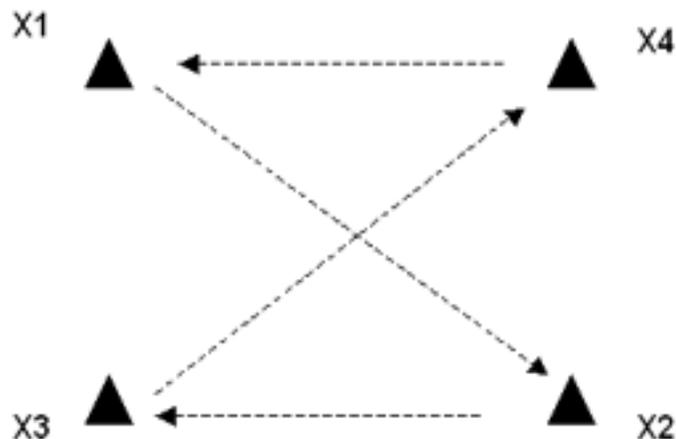
X1 starts with the ball, and throws underarm to X2, that player then runs to where they have thrown the ball.

X2 throws to X3 and runs to that spot.

X3 throws to X4 and runs to that spot.

Vary the throws.

Add in extra balls



## 3. Fielding Drill - *Ground fielding/high catches* -

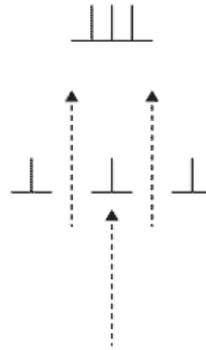
Split your team into two groups, even numbers on each side. Have your wicketkeeper, a single wicket and someone who can hit well with a bat about 40+ metres from the fielders.

The aim of this drill is to work in pairs, practice loud calling and backing up each other. The batsman hits a ball either along the ground, softly or powerful (mixing it up is a good idea). One of the fieldsmen calls for it if it's a catch, the other stays close in case he misjudges it. Whoever catches it passes it to the other fielder, who throws it in the wicketkeeper. Aim to return it over the bails.

With ground fielding, this is where backing up becomes important. One attacks the ball and aims to gather and return it to the wicketkeeper. The other backs up behind him, in case the first fielder makes a mistake. Misfields can happen often, so be alert!

A slightly different version of this drill is to vary the fielders' positions. Think of a soccer formation, for example 3-4-3. So have three close, some in the middle and a couple further away. This exercise means you have to call loudly, as a catch might be close to another fielder as well.

## 4.- Bowling Drill



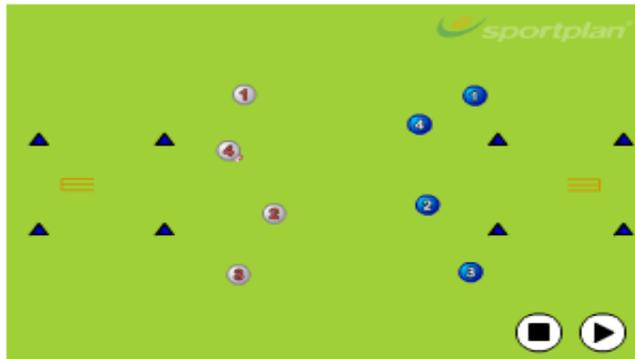
- Set up three sets of stumps as shown in the diagram
- Players are given the line at which they are to bowl as they start their run-up (eg: offside, legside or straight)
- Perform the same drill on a shortened run-up with players starting with their eyes closed, and when the coach calls out the line, the player must then open their eyes and bowl the delivery

Variations:

Vary the delivery to bowled through each line (ie: off-cutter through the offside line)

In this newsletter we have chosen 2 of our 37 specific ground fielding and throwing drills. For full access to the full range, and our 100+ skill specific drills and videos visit [coachingcricket.com](http://coachingcricket.com)

Ground Fielding drills provide an ideal opportunity to work on fitness as well as the crucial fielding skills.



### Two-Handed Interception and Backing-Up

This practice develops the approach to the ball, the pick-up and the throw. It will also develop fitness and backing up the throw.

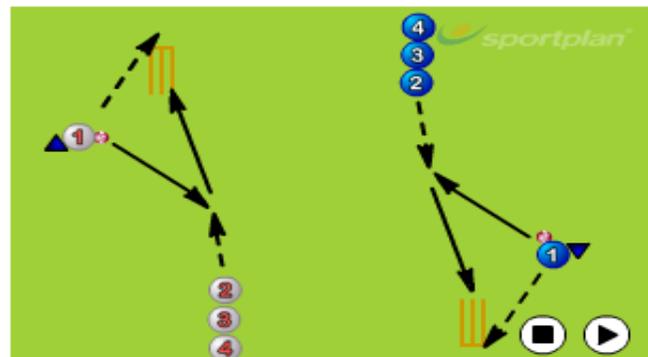
#### Coaching Points:

The practice can be conducted over short or long distances depending on what area needs to be improved.

### Ground Fielding Drill

This practice develops

- throwing at the stumps;
- fielding on the move;
- fitness;
- communication and awareness of what is happening around the fielder in order to promote efficient decision making.



## How the profiles fit in with CFPD categories

The CFPD has 3 categories: CC1, CC2 and CC3. The profile information listed above should be used in conjunction with the definition we have always referred to for categories. We hope this information will fine tune and improve the categories to standardize the ability of players. For clarification, please contact Geoff Phillips, the Disability Adjudication Officer (see below).

As usual, the manager's ability to access the cricketing talent of the individual players is always important:

- How hard the player hits the ball.
- How fast the player bowls.
- How hard can the player throw the ball when fielding.
- How quickly can a player react to a ball travelling at speed either when batting or when in the field.

Also, remember that we have always encouraged CC1 players who are particularly talented to play CC2 matches if they are able to do so and similarly talented CC2 players can play in CC3 category, providing that they play with an incrediball and not a hard cricket ball.

There is a categories leaflet available on request.

If you have any queries, or require other leaflets, books or advice contact:

Stephen Farmer 07957 614 890 email [cfpdchairman@outlook.com](mailto:cfpdchairman@outlook.com)

Geoff Phillips 07855 395 293 email [geoff.phillips@blueyonder.co.uk](mailto:geoff.phillips@blueyonder.co.uk)

