

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 52: Catching Techniques

Great catchers win matches. Today, we will discuss catching cricket. So, we know that catch-miss means match-miss. Because a catch is a vital situation in every game, it can change the course of a match. A good catch for a fielder. He made a good start. He gained confidence from the team. He gave confidence to the bowlers. It was a catch. From that situation, he took the ball from the progression. The wicket fell to the ground. A beautiful innings is being built by the two batsmen. Between the two batters. To break it. If there is a catch, and you hold that catch, then the pressure will fall on the other team, a new batsman will come, and it has to be set. In that case, if you take another wicket, then you will see a lot of improvement on the fielding side. Why. Because of that first catch. So, we understand the importance of good catching. Now, if we classify the catch, we can classify catches in three ways. So, what are they. The first one is close-in catches. The second one is midfield catches. And the third one is long catches. So, what are close-in catches. Close-in catches are when the fielder is on the slip. It is at the point, at the gully, at the shots. There, the catches that come are called close-in catches. Midfield catching. We have a 30-yard circle up here in the middle of the field. 30-yard circle. I won't call it a 30-yard circle. In the middle of the field, we have a 30-yard circle, and if you just move a little bit back, you're 40 yards away from where you do the midfield catches. There are various types of catches, such as flat catches, parallel catches, and direct shots. When a player takes a clean shot or plays directly, it often leads to a flat catch. In these situations, the ball may hit the fielder, resulting in a catch, but these are considered midfield catches. So, in the introduction, we talked about long catches. So, we can say this is a high catch also. So, what are the long catches or high catches. There are long fielding areas like mid-on, mid-off, deep mid-on, deep mid-off, deep square leg, and deep mid-wicket. There are all these fields, and players are playing. The ball is in the air, the high ball is raised, and the Catch came to a stop. Those catches are hence usually referred to as long catches or high catches. Today we will discuss close-in catches. This is absolutely crucial. What qualities define close-in catches. We'll discuss those qualities later. The first is that the position is highly specialized. an extremely specialized position. Here, the player doesn't have much time. The player doesn't have much time. We discuss turning on and off in this section. In that respect, it is here. that I

will turn on and off from time to time. In the switch-on mode, how long will I keep myself. That is very important. So, I can't stay focused on slow motion. In this case, I need to have a very good quality player. Because I don't get much time here. I'm not here very often. Why. The ball comes here very fast. Close to the fielder. And with a cutting edge. It comes with a second ball. But I have to keep it in my hand. So, the ball's quick movements are gentle. All things are in their position. And the fielder is beside this one. Beside the fielder is this one. This one is next to the close-in. It's attached to it. It possesses a certain quality. To ensure the quality of players in the close catch, we need to appoint a captain to our team. Such qualities which we can employ for close catch. We have observed a lot of good cricketers. Who are very quick, who have very good concentration and very good vision and reaction skill. Those who possess those, we must place them in a slip. These are the features which we will insert in the close-in field. From what are they. It indicates that a player should have been giving focused effort. This keeps the player to keep his form. We can also keep the interest of the player high. The player in the end will catch the one on the ground. So, nature will be, when will I counsel him and when will I be counseled. We have given very concentrated players. I am prepared for the catch. I'm watching the batter. Thus, the player can't focus until a point. When will I choose in this scenario. So, the ball is running, the ball is running, and when the ball is loaded, the fielder takes me to the switch-on mode. And the batsman played the ball. After playing, if the ball reaches him, the catch is made, and if the catch is not caught, the fielder relays it to another fielder, and the catch is missed. So the player should be able to know how to turn it on and turn it off. A player would need to possess quick reflexes, reaction ability, and reaction time to be able to catch the ball. It might be a valuable characteristic for a fielder who's close in. Because, you know, whenever the stimulus comes and whenever the response comes along, the amount of time taken between the stimulus and response is the reaction time. Within this short time, I have done a certain thing to judge the ball. That is very crucial. Therefore, I will select the reflex action of my player, which It will be very good. I have chosen that. The next one is good. Anticipation. Means. I can anticipate. Yes. The ball may come toward me. Or where the ball will be. See the movement of the batter. See the position of the batter. Or. See the backswing. Anticipate with each other. Where the ball should travel. First. Keep that ability. Good. Anticipate. To do good anticipation. Have one good fielder this quick. And soft hands. Soft hands. Helps to catch the ball. Have the ability. Even quickly. This quality should be there. Why. Because. Soft hands. If not, the ball may drop. From the hand. So, soft hands. With soft hands, you have to. Hold the ball. Or catch the ball. And, the final one is. Hand-eye coordination. So, coordinative ability. So, this is the, you know, quality of the synchronized role of the nervous system and muscular system. What is it. That is good coordination or good coordinative ability of, you know, eye and hand. Hand-eye coordination is very important. So, hand-eye coordination is very important for a close fielder whenever we select a fielder for that particular position. Now, we will talk about the slip-catching stance. What is that. Now, for a

slip, what should be the stance position. So, it must be shoulder-width apart or a little bit more. Okay. Now, your knees will be flexed. Where will my body weight be. In the inner sole. If we look at the feet, see, where have I kept my body weight. Inside. Not outside or not the way I normally stand. Why. If I keep my feet inside my body weight, then I can easily move my body anywhere. But if I keep my feet outside or in the middle of my body weight, then it will take time for my body to move. That's why the body weight should be on each side of the sole. Okay. Now the knee is flexed, and your arms will be clear from the body. Arms will be clear from the body. In a normal cup position. In the normal cup position. And your head will be still. Eyes will be fixed on a particular plane. So, these are the two points of the stance for a closing fielder. So, how will it be. See, I am looking at it now. See, this will be the position of the close-in fielder. Okay, see, my hands—I am going for a normal cup position, and I am ready for the closing. You know, I am ready as a close-in fielder. Okay, see. Okay, from the side view. Okay. So, I am demonstrating with the ball. When I come to the close-in catch, how will I hold the ball. So, I will show you how to go for the catches in close-in. So, how will I hold the ball in the close-in catch. That should be identified. So, this is the stance, okay. Thank you. So, we have seen that when we get a close-in catch in any of these places, how do we catch it. If I divide that position like a clock, then we will be able to see 9 out of 3. It means I looked at the clock, so 12 o'clock, 1 o'clock, 2 o'clock, 3 o'clock, 4 o'clock, 5 o'clock, 6 o'clock, 7 o'clock, 8 o'clock, 9 o'clock, 10 o'clock, 11 o'clock. So, I divided the whole area of the clock. Now, from 9, from 3 to 9, the catcher will come down, that catcher will come to this position. See. Okay. Even between 3-9 and 9-3, the catch will come from the upper side. All we will do is go like this. See. Okay. So that's why, when I was catching normal, I was catching this side. If the side is a little higher, I will take the body. I am not catching it from there. I am catching it from above. This will be the catching position. This is where the hands will be positioned for close catches. There are some key points. These are very important. Whenever we are in a close-in position, we take the catch. To take the catch in a close-in position, we must keep certain qualities in mind. Here are some key points. What are they. The first one is depth and spacing. The player needs to maintain depth and spacing on the field. How much spacing should I maintain. How much depth should I position myself in the field. The ball should travel toward me. I will be first slip, second slip, third slip, or fourth slip. So, depth. And what the spacing will be. That will be an important quality or key point, I can say. And another one is for the first slip. The field in which the ball will be on the first slip. The field in which the ball will be on the first slip. When the ball is released from the hand, you must maintain focus on the ball, where it is going after edging the bat. So, from the release of the ball, we have to keep focusing on the ball. And from second slip to gully, if the fielding is done in this position, the ball will concentrate and keep its focus. When they ball, the batsman should be at the edge of the bat. The batsman should focus on the edge of the bat. How the batsman is standing. Concentrate and focus on the bat, you know, anticipate on focusing on the batting position. Between gully

and slip. The second slip and gully players will focus on the bat. On the other hand, the ball is coming towards me; you have to see that. So, you have to watch the ball into your hand. Give with the ball. The ball is coming towards me. The ball comes towards me. I have to place my hand with the ball. Along with the ball. I have to be with the ball. I have to place my hand with the ball. I have to be with the ball. Don't snatch the ball. It means I have to catch the ball myself. As long as the ball is not in my range, I will not catch it. I will not snatch the ball this way. Snatching means I am grabbing the ball from the front. I have seen at an academy or coaching center, when children field, they try to snatch while catching. See, they try to catch the ball this way. So, this should be... You don't have to do that. See, allow the ball. The ball should come to you. Let the ball come to you and catch it. Okay. It should not be snatched. After catching the ball, you must watch the ball. You must see the position of the ball in my hand. You can also do this. You can write numbers like on a ball. After writing the numbers, when we practice catching, then I will talk. I can tell the player that when you catch the ball, you will see how many numbers are on the ball. So, when he catches the ball, you will see 15, 10, 0. So, if we practice catching the numbers on the ball, then this skill will help you watch the ball whenever it is in your grip.