

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

**Prof. Abhijit Thander**

**Sports (Cricket Specialization)**

**IIT Kharagpur**

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## **Lecture 54: Key Points Catching**

Hello everyone, let's talk about catching cricket. In cricket, there is a quote: 'Great coaches win matches.' Depending on the situation, you can understand this quote. If you have the ability to take great catches during matches, you can easily win because if you drop one catch, it may harm you and lead to losing the match. Let's talk about catching. Catching is classified as close-in catching, midfield catching (which means parallel or flat catches), and high catching. Sometimes, we refer to high catches as long catches. Now, which catches do we call close-in catches. That includes the slip. Slip and close-in catching. These are specialized positions. To have fielding positions like slip or close-in catching requires specialized skills. Why. Because special qualities are required for these positions. Not every player can field in slip or close-in catching positions. Since the ball travels quickly and sharply, special qualities are needed for these positions. Now, what are the qualities required to be a slip catcher or to be a closing catcher. So good concentration for a long period. That is the ability to fully focus on every ball. Ability to switch on or down or off. Switch on or switch off. Quick reflexes. Good anticipation. Quick and soft hands. And hand-eye coordination. These are the special qualities required for a sleeping test. So what is switch on and switch off. So, whenever a bowler takes a run-up and whenever he goes to the loading position, the fielder should be in the switch-on position. Switching on means he is ready. And whenever the ball passes from the batter or the batter hits the ball, at that time switch off. Or if the ball travels towards the fielder during the switch and more, and whenever he takes the catch, switch off. This is called a switch-off. Now, to be in the slip-catching stance, some key points are there: feet shoulder-width apart or slightly more, weight on the inside balls of the feet, knees bent. Crouched, elbows bent, clear of the body, hands forming a cup, head still, eye level. So, these are the special key points for slip-catching stances. Now, some key points are there during the positioning. The depth and spacing are required whenever we are going for slip-catching. What is the spacing required between the wicketkeeper and the first slip, then the second slip to the third slip. First slip should watch the ball from the bowler's hand. From second slip to gully, they should watch the edge of the bat during fielding. While catching, what points should be kept in mind. Watch the ball into your hands. Whenever the ball comes to your hand, watch the ball. Allow the ball to come to you.

Don't snatch the ball. Like this. Beginners go for it like this. Allow them; the ball should come towards you. See. Look at my hand. It comes to you. Give the ball as you receive it. Give with the ball. See. The ball is coming; give with the ball. Do not snatch. Do not snatch the ball. Now, some special drills are there. We have already mentioned them in the practical field. These are diving in pairs on gym mats, blind catching, deflection from a bat or roller, and reacting to the ball. Slips gradually catch. So, these are some drills you can apply. We have already mentioned it in the practical field. You can check it out in the videos. Now, close the fielder in front of the bat. Crouch close to the ground. Stay low until the ball hits the bat, pad, or both. Watch the area around the bat and pad. Protective gear is a must. So whenever just by the side of the pitch, we can see that two players on the left side or the off side are standing during the closing pitch. They should stand like that and follow the qualities. Now we will talk about the mid-field catch and parallel flat catches in the next session. Thank you.