

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

Week 08

Lecture 46: Key points ground fielding defensive and retrieve

Let's talk about the defensive fielding long barrier method. This is defensive fielding. Defensive fielding long barrier method. When the ball is hit hard on a rough outfield, a fielder should use long barrier method. Used, this technique used when the ball is travelling too fast for a fielder to be able to move towards it. The fielder should use long barrier. Stopping the ball and saving runs is priority. That's why a fielder use long barrier method. Why this long barrier. The field placement, long, whole body, whole body is using whenever you are fielding it. That's why it is long barrier. Now, what should be the technique to go for long barrier method. So defensive feeling. Body is the second line of defense. Mind it. The body, the leg, the whole body will be the second line of defense. Bend your hips and knees as low as practicable. So, as low as practicable, you have to bend your hips and knees. Turn sideways and kneel down onto the front knee. Bring the back foot close to the front knee to form a long barrier. Watch the ball into your hands. Receive the ball toward your body. These are the key points of defensive fielding. We have shown it on the practical ground how to go for defensive fielding—long barrier. Now, in defensive fielding, what should you do. Turn from the side of the ball's path and sprint toward the ball. It's a practice method. Slow down as you near the ball by taking short steps. Pick the ball outside the throwing-side foot. Use that foot as a pivot. Align toward the target and throw it. Now we'll talk about the retrieve. In the matches we have seen, a batter hits the ball, it goes toward the boundary, and fielders run to stop the ball from moving toward the boundary. So, whenever he reaches the ball, with the ball in front of him, he places his nearest leg to the ball and picks it up like this, okay. And from there, you have to turn toward the target and throw it. This is called the retrieve method. This technique involves running after or chasing the ball and returning. Thank you. We have shown you in the video, in the practical demonstration, how to go for the retrieve. Watch the video properly. Thank you, everyone.