

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 53: Catching Parallel and High Catch

After that, we will talk about midfield catching. So, during midfield catching, we will discuss what we should keep in mind. I have already told you about midfield catching. The fielders who are in their 30–40 yards in between, usually come to this type of catch, and we have to practice them. So, there are point, cover, mid-wicket, short mid-wicket, square leg, mid-off, mid-on. So, the midfielders will be in the mid-field position. When they get a flat or parallel catch, we will discuss these techniques. Now, I have to get to the ball's position very quickly to catch the ball. So, from here, it is understood how fast the ball will come. Because we have said that in the midfield position there are flat or parallel catches. So as quickly as possible, as quick as possible, they have to be positioned in the line of the ball to catch the ball. In this case, the height of the ball comes to a certain level. In order to get more time, the ball should be at the same height as the cup. It should be a reverse cup, or it could be a normal cup. This situation has to be taken whenever the fielder is in that position. Catch the ball whenever it is in your hand. Now, we have the joints. All the joints are working for shock absorption. All the joints are, you know... All the joints act as shock absorbers. In this case, when we catch as midfielders, our elbow works as a shock absorber. And those who do the fielding in this position have to keep a demand. Quick reflexes. When you do fielding, this is the demand: you should have good reflexes for the ball. As well as agility. You have to be agile. Why. The first ball will come, and along with that, I have to change my body position to go for the ball to catch. So how. What the position will be—30 to 40 yards in between or 30 yards in between—the fielder will field in the midfield. How they will move and catch the ball, I will show you. So first, the fielder will move and take the base-up position. Whenever the ball is in the loading position of the bowler, the bowler will jump to the loading area, then the fielder will go towards moving, then the ball will come. How the ball will come, I will show you. See, I am maintaining my height according to the height of the ball and the fielder has to have quick reflexes to catch the ball. So, I am moving towards the batter. Suddenly, the ball will come. I can anticipate, and I have to go for the quick reflexes or quick reflexes to catch the ball. So, these kinds of drills are done. We have to practice these things. We have to practice the match situation. So, in a 30-40-yard circle, the batsman will be on the cricket pitch and a thrower will be there. So, he will

throw the ball directly. The batter, the coach, can act as the batter. He will hit the ball and the ball will suddenly go to the fielder, and he will catch the ball. This will be the next scenario to catch the ball. Why. Because of the mid-field cricket catching technique. So now we know about Close catches and mid-field catches, flat and parallel catches. Now we will talk about high catches. So, how do you take high catches. Sometimes players aim for long hits to try for sixes, but this often results in high catches. Now, when a player takes a high catch, there are two types. One is the normal cup. That is, the ball comes like this, and we are going for this cup. Normal cup. And sometimes it is like this. This is called the reverse cup. Normal cup. Cup created. Then we have to know first how to create the normal cup. It means that it is a normal cup. Normal cup. Normal cup. In the normal cup, we have to remember some key points. So first, when we go to a normal cup, when we go to a normal cup, we have to keep in mind which is your stronger hand that should be in front of you. You know, in front of the ball. It means, if I am a right-handed fielder, my right hand is my strong hand. So, the right hand will be the strong point, and the right hand will be below. Just below, I will make a cup just like this. Okay. So, the ring finger and little finger. The dominant hand is the ring finger and little finger. Non-dominant. It means that the hand which is on my left will create this on my upper body. It means this is the first line of defense, and this is the second line of defense. See, this is the normal curve. Look at this. I am creating the normal curve. Okay. Now, I have created the curve. Then, the elbow, which is there, should be on the side of my body. I want to keep my elbow on the side of my body. The normal cup's elbow should be on the side of the fielder's body. Then, when I catch the ball, I want to keep my hand in a comfortable position. I want to keep my hand in a high position. And when I catch, it should be at eye level or a little above. Why. If I try to catch the ball from here, it means that when the ball comes down quickly in front of my eyes, my face will block my view of the ball. So, at that time, if the catch comes here in a normal cup, there will be a possibility of a mis-catch. Or a catch-miss. So, when the ball goes away from the hand once, I will be unable to find where it has gone. Where has the ball gone. So, I will feel very uncomfortable catching the ball for the second time. But it is at eye level or a little bit higher here. To catch the ball at eye level, if I miss, I can track it like this. Okay, so I am showing you a small drill. If it happens here, see, I am not able to see the ball in this position. Okay, but if I stand here, close to my body, stand here, see, I have caught the ball here at eye level. Initially, I had the chance again to catch the ball. So, that's why we say, always catch at eye level or a little bit higher than your eye level. Then, after catching, what do you do. After catching, you have to move the ball from your chest to your hand. Okay, why. Because it absorbs the shock. And here, elbows and knees play a Vital role. As a shock absorber or acting as a shock absorber. So, what happens here. When the filter is not catching, see if my knees are slightly bent, my elbows are slightly bent, and catching, and see. Okay. This will be, you know, the position. Now, you have to keep one thing in mind here. In a normal cup, if I got it in a normal cup, then it would be easy to catch. Normally, if the ball comes at

high speed from above, I can use the scissors' technique to catch the ball effectively. This will give me more support. Now, we have seen the normal cup. We will now do some drills for the normal cup. How will we practice the drills of the normal cup. We will see that now. We have seen the drills of a normal cup, and we know about the normal cup. Now we will talk about the reverse cup. So, what is the reverse cup. Now see my hands again. This is my dominant hand and non-dominant and left hand. See how I know, I will bring the thumb and the index finger of the dominant hand up. This will be the position. We will keep it in our heads. We will not catch it with two hands. We will not catch it like this. So, your dominant hand should be like this. So, you have to catch the ball with the help of your dominant hand. And this will support you. Okay. So, how will it be. When someone... If the ball comes high, and I can't take it to the normal cup, it is around here, above the head, or at the level of the head. So, a little bit high, but a little bit flat—if this type of ball comes to me, then I can go for the reverse cup. So, reverse cup position. See, I have to bring my elbow out of the body. See, the elbow is near the body. Now, see, I am running with the ball, and suddenly I find the ball is passing out of my head. So, what I can do is bring my two elbows near my body. Okay, see. I need to bring my body close to theirs. Then, I have to bring my palm upward. See, I am like here. I'm observing the ball. From this position, the ball is above eye level. Above the eye, I have to catch the ball. See, like this. First, when the ball comes, I see the ball. First, the elbow extends, then I take the ball upward towards the catch. I hold my index finger and overlap. Okay. Once we overlap, I will be able to catch it, okay See. Now, from here, we have to judge the ball. After catching the ball, see, it will happen like this. Okay. Here always, dominate hand. To hold the ball correctly, position your index finger and thumb from your dominant hand to overlap with those of your non-dominant hand, like this. The most important part of this technique is how we absorb the ball. Using your elbow and knee, we must absorb the impact. Here, we are using the scissors' technique. This is important because the ball will initially come to us. at a high angle. To adjust the body with the speed, we have to control the body balance with the scissor's technique. So, when we see the boundary line, When the fielder goes ahead, we fix the boundary line, and then we go for the catch. Okay. So, I am showing you how to take this catch. See, this will be the technique. So go for some drills to develop this reverse cup technique in high catching. So here we are going for the normal cup catching technique when I go for a high catch. So, watch me properly. Look at the ball. The ball is coming. I am able to hold the ball with my hands. I am judging the ball. I am taking the catch. Look at my knees. Look at my elbows. Okay. So how can we practice it. Now. The way we will practice. We will make the players stand in a straight line like this. They will have the ball in their hands. And we will... I will insist that the ball goes up in the air, and practice high catches like a normal cup. So, how do we do this. I will show you first. So, I am showing you how to do high catches. Do drills in your own way. The player has to go forward, catch the ball, and come back. Okay, then again, we have to go back. Okay, so in this way, they have to practice. Let's go. Maintain the ball. You have to catch

two or three balls in one line. See, in this way, we have to practice. Don't go too far. In this way, we have to practice, and they will practice in their own way so that they can learn how to catch high in a normal cup. Then we will go with the bat, how we will practice. With the bat, how will we practice with the ball. To make this drill effective, we can number the players like this. From that end, 1, 2, 3, 4, 5, 6. We have done the numbering. Now the coach will call the numbers. They will come and catch the ball in a normal cup. 3. Here we will insist the players follow the key points and try to catch the ball. 4 Very good. Ready. Three. Wonderful catch. See, he has followed all the key points whenever he is catching the ball. Four. Well done. Catch. Five. Very good. Wonderful. Six. So, in the very first session, we will practice high catches with a rubber ball, or wind ball, or tennis or cricket ball because of the over injury. Then, when they develop well on this ball, we will introduce them to the deuce ball. Otherwise, if the deuce ball is played with a bat and there is an injury, then the player will be afraid to catch the ball. That's why you should develop the drill with a tennis ball, or rubber ball, or a wind ball, where the chances of injury will be less. Now we will go with the reverse cup high catch technique, then we will go for the drill. Reverse cup, what we have discussed is that the elbow should be high, and the body should be slightly out of the way. You have to make a reverse cup with both your hands. Okay. Then, I have to go for the catch. And I will show you how to do it. Ready. Look at my feet. Look at my arms. See how I am catching the ball. See. Here, the scissors' technique will be used to catch the ball. Maintain body balance, stability, everything. I am using the elbows and the knees. Why. For shock absorption. So, we will practice this technique with partners, and they will develop the technique. Come. So, we will practice this technique with partners. They will throw the ball as per the requirement, and they will practice. Now, we will show this with the bat. We saw how we could catch the ball with the bat. So, we have to practice like this to develop the reverse cup in a high catch. So, that's all about the high catch using the reverse curve technique. Thank you, everyone. Today, we learned about catching: close catch, mid-field catch, and high catches. So, we have seen a lot of key points and drills. So, in the coaching session, coaches have to plan a session like this. When a coaching technique—a catching technique—has to be developed, drills have to be introduced. Drills have to be properly applied during the coaching session so that the catching technique is developed. Why. Because catch miss, match miss. So, great coaches win matches. Thank you, everyone.