

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 55: Key Points Catching Parallel and High Catch

Hello everyone. Let's talk about the midfield catch, parallel or flat catches. Parallel flat catches. These catches generally go to positions including those up to approximately 30 to 40 meters from the batter. Cover, point, mid-off, square leg, mid-on, and mid-wicket. These are the positions where the flat catches may go. They demand quick reflexes, and agility is required to go for the flat catches. Move quickly to the line of the ball. The height of the ball determines the position of the hands and the type of cup formed. Okay. So, whether it may be like this or this, depends on the height of the ball. Watch the ball into your hand. Use elbows as shock absorbers. See, look at my elbows as shock absorbers. What are the drills. We have mentioned it in the practical field. Mass simulation catch practice is recommended. Fielders to stand in cover, point, mid-off, mid-on, mid-wicket, and square leg positions. Coach to give parallel catches. Fielders interchange positions. High catch, two ways of catching. So, let's talk about the high catch. So, there are two ways of catching: normal curve and reverse curve. Let's talk about this. In a normal curve, whenever the ball goes high up into the sky, the ball comes towards the fielder, the fielder takes position and moves forward like this. You catch by position, move forward like this, and take the catches. This is called a normal cup. Whenever the hand should be like this, this is a normal cup. So, how should it be formed. So, if your right hand is the dominant hand, then the left hand will be the second line of defense. See, the second line of defense, and your dominant hand will be in front of the second line of defense. The fielder cups his hand under the ball, elbows tucked into his side. See, elbows tucked inside the sides. Hands in a high, comfortable position. See. High, comfortable position. Okay. Catch the ball at or above eye level. So, above eye level or at eye level, you have to catch the ball. Give toward the chest. See. Chest. Use elbows and knees as shock absorbers. Use scissors feet wherever possible. In reverse cup, what does it mean. Sometimes you have seen fielders take catches like this. Okay, this is called a reverse cup. The fielder pushes his elbow away from the body, inverting his palm upward. See, look at my palm—it is upward. Thumbs and index fingers overlap. See the overlap. Okay, the ball is taken above the eyes, hands go over the shoulder. Use elbows and knees as shock absorbers. Use scissor sweep wherever it is possible. So, these are all about the reverse cup. Now, there are different types of drills you may apply on the cricket field during matches. It will help you recover from bad fielding to good fielding. So, as a coach, you should focus on high catches, short catches, parallel catches, closing catches, everything. You have to practice during the coaching session, and it will help during match situations. Thank you, everyone.

