

Andrew Strauss in position in Sri Lanka to take a catch using the traditional method

FIELDING TECHNIQUES

HIGH CATCHING

KEY POINTS

BOTH TECHNIQUES

- Fielder moving in with intent at delivery
- Low balanced position
- Head steady, eyes level
- Assessing the flight of the ball
- Moves quickly to position under the ball
- Keeps head as steady as possible, eyes fixed on ball
- Creates 'base' underneath ball
- Prepare hands above eye level
- Knees flexed, hands relaxed

TRADITIONAL TECHNIQUE

- Fingers spread and pointing forwards and slightly upwards
- Little fingers touching to present large catching area to ball
- Catch should be made at or just below eye level
- Catch completed with 'give' to chest

REVERSE TECHNIQUE

- Fingers pointing upwards and backwards
- Thumbs together or crossed to present large catching area to ball
- Catch should be made above eye level
- Catch completed with 'give' to side of head into shoulder

Fielders positioned in the 'deep' or outfield close to the boundary – positions such as long-off, long-on, deep cover, deep mid-wicket and deep square leg – are those most likely to have to take a high catch. The qualities most needed when taking a high catch are co-ordination, concentration, speed and agility.

Catches in these positions can often come at varying heights and trajectories. On most occasions the fielder will be able to choose whether or not to take the catch using the 'traditional' method in front of the

body with fingers pointing forward. The alternative 'reverse' method is taken closer to the shoulder with fingers pointing backwards. In some cases one or other of these methods will be the more obvious one to use. For example, when having to move forward quickly to take a high catch that arrives low-down near the ground, the traditional method is usually the only option; conversely, when running backwards and taking a catch which arrives above shoulder height the reverse method is normally the only option.

TRADITIONAL TECHNIQUE



REVERSE TECHNIQUE

