ONE ON THE ARM

A practice designed to show batters what can be achieved when they run positively and hard when the fielder is on the boundary. ‘Taking one on the arm’

- Batters (green) start one metre from the crease at one end.
- Fielder starts with the ball on the ground near the boundary.
- When batter calls yes they make their ground at the end they are at before running to the keeper’s end whilst the fielder picks up the ball and throws to the keeper looking to run the batter out.

PROGRESSION

- Move the batter’s starting point further from the crease that they need to get to first.
- Have the fielder already with the ball in their hands rather than on the floor at the start
- Have the ball rolled to the fielder

TECHNIQUE

- Loud positive call
- Turning style. In as dynamic a position as possible looking to replicate the ‘sprinter’s’ starting position
- Running style. Feet, knees and hips in line. Weight forward. Use arms
- Pick up for fielder. Under the eyes. Low body position.
- Crow hop. Straight at target covering a big distance. Experiment with feet crossing in front, behind or staying in line with each other
- Throwing technique. Big stride at target. Front arm. Elbow of throwing arm level with shoulder. Powerful, complete follow through with the arms.
- Experiment with throwing on the bounce and on the full to the keeper.
- Experiment with keeper taking ball in front of stumps rather than behind. Plant back foot in front of stumps so that keeper always has a reference point and knows where the stumps are. Move front foot to where the ball is and bring ball back to the stumps. Stumps can be broken with the arm from the elbow downwards.