CLEAR ROUND – FIELDING ROUTINE – From Mike Jacobs

This is a fielding routine that contains a number of different skills. Initially it can be used to create high volumes of practice of the skills involved. It can then be progressed to include the pressure of firstly going clear with clean fielding all round and then to run it against the clock.

- Fielder starts on red cone and performs a one handed intercept returning the ball to the coach/keeper.
- Fielder then moves towards the yellow cone as the ball is fed over their shoulder for a catch.
- Next to the blue cone for a high catch and finally to the green cone for a flat catch.
- The fielding skills used can be changed.

The distances to the cones can be managed depending age and ability of the players and the fielding skills that you are incorporating.

As well as completing the course the players should work on technique around the individual skills, accuracy of returns to the coach/keeper as well as the ABCs of movement. The routine can also be used to work on the players’ endurance and their ability to perform when tired as well as under pressure.