STOP - CATCH - THROW
Player on yellow cone throws ball to either fielder on green or blue cones. Fielder on red cone attempts to intercept the ball with a catch or diving stop. Whoever takes the ball throws at stumps and yellow fielder stops any missed attempts and returns ball to player on yellow cone.

NOTE: If ball goes through to yellow or blue fielder the red fielder stays on the floor out of the way
Ensure that the return from yellow fielder to yellow cone is purposeful

Covers a lot of fielding skills in a practice that has a large amount of variability for all players.

Red fielder may have to dive left or right for a catch or ground ball
Green and blue fielders may or may not get the ball and when it does come through to them they will have been distracted by diving red fielder
Back up yellow fielder will have to change angle depending on where the throw has come from

COACHING POINTS
Diving. Land on big body parts and/or with a roll to absorb the force.

Catching.
Strong and low (Z) starting position
Watch the ball
Head to line of ball as much as possible
Big catching area
Squeeze the ball

Throw.
Quick feet into alignment with target
Big base
Use front arm
Elbow above shoulder
Powerful follow through

Stop.
Low and strong starting position
Head to line of ball
Squeeze the ball