TRIANGLES
Coach calls blue or green to start action. Player B gets to yellow stumps and Player A throws to B who breaks the stumps. Having thrown the ball A gets to colour stumps that have been called. B throws to A who breaks the stumps. Create teams that race against each other to complete the practice.

VARIATIONS
Coach can call colour later in routine. Player A can call the colour depending on a stimulus such as a batter out of their ground. Get players to experiment with taking the ball in front or behind the stumps.