

WICKETKEEPING DRILLS DOCUMENT

WICKET KEEPING

KEY POINTS



EYES REMAIN LEVEL
HEAD PUSHES INTO LINE OF BALL

OFFER AS MUCH HAND AT THE
BALL AS POSSIBLE
REGARDLESS OF CATCH

POSTURE MAINTAINED;
BEFORE, DURING AND AFTER
CATCH

MOVE EFFECTIVELY TO ALLOW
ALL TYPES OF DELIVERIES TO BE
MANAGED

WICKETKEEPING
POSTURE & HANDS

WICKETKEEPING
CROSS BODY TAKES

WICKETKEEPING
STOOD UP TAKES

**WICKETKEEPING
CREATE A SPIN BALL**

**WICKETKEEPING
COKE CAN KNICKS**

**WICKETKEEPING
MORE OBJECT KNICKS**

**WICKETKEEPING
WHEELIE BAT KNICKS**

**WICKETKEEPING
BOX HOLE KNICKS**

**WICKETKEEPING
FOOTBALL POSTURE**

**WICKETKEEPING
IRONING BOARD**

**WICKETKEEPING
BAT KNICKS**

**WICKETKEEPING
DOG LEAD KNICKS**

**WICKETKEEPING
WHEELIE BIN KNICKS**