

CATCH AND MOVE - Warm up activity

Set out a coned area that will be big enough to fit all your players in whilst being small enough that they will need to dodge each other regularly.

Players should be asked to move about inside the area avoiding each other. Start moving slowly and increase the speed.

Introduce some balls, about one between two. Players throw a catch to a team mate as they move around the area.

Change the way players are asked to move such as skip, high knees, heel flicks, sideways, in a crouched position etc.

After each catch players leave the area and perform a press up, squat thrust etc.

Introduce a ball each so that players throw simultaneous catches to each other.

Switch players on mentally as they have to recall names of famous cricketers, grounds, teams etc..

Change any aspect you want to get the desired result which is players that have warmed up physically and mentally.

