



Underarm pick up and throw

When fielding close to the wicket you need to be on your toes to prevent quick singles being taken by the batsmen.

On occasions you'll have the opportunity to run out the batsmen.

All top fielders practice their pick up and throwing techniques as much as their batting or bowling.

So it's important to get the basics right.

Step One

Approach the ball quickly in short strides, bending the knees as you meet the ball.

Step Two

Pick-up the ball with your throwing hand on the outside of the corresponding foot (ie: outside the right foot if you throw right-handed).

Step Three

As you are about to take the next step the throwing hand swings back, still keeping the head down.

Step Four

Release the ball early towards the target (top of the stumps), with the palm of the hand following through on a direct path for as long as possible.