

Cricket Victoria's Coaching Clips: Caterpillar Catch

- 'Caterpillar Catch' is a catching activity for all ages
- Caterpillar Catch can be done as one group or in multiple teams, depending on numbers
- The activity requires a minimum of 6 players, as a group or per team
- Players line up behind the set out cones facing a partner, catching distances can be varied, depending on the focus
- The player at the top of the line has between 1-5 balls and on the coach's say-so, throws the balls one at a time to the player opposite.
- Today we are using 3 balls
- After releasing each ball, the player sprints along the player line to the other end ready to catch the balls as they move in a crossways fashion down the line
- Each player repeats this process – catching each ball, releasing each ball, then sprinting down the line on their side – this creates the 'Caterpillar' motion with the group gradually moving down the field
- The team to reach the designated finish line first is the winner
- Players are not allowed to move along the line until they have caught and released every ball
- If a ball is dropped, a 10-second penalty is incurred on that team where they must stop and count for 10 seconds before continuing
- Competing teams can be as close or as far away from each other as the coach desires
- Coaches can emphasise the catching position (feet shoulder width apart & knees bent), watching the ball, soft hands and the importance of accurate throwing during this activity
- So get catching and remember to enjoy your cricket!!!

