

COVID-19 HIGH CATCH

Equipment

Per player:

Balls: 1+

Cones: 2+

Aim



Fielding

Organisation

Players organised into own area. 2 cones placed 3-4m apart

Players feeds ball to self and takes catch

Points can be assigned for each successful catch

Players record their own personal bests

Adaptation/variation

Increase/decrease size of ball

Increase/decrease height of under-arm throw used by players

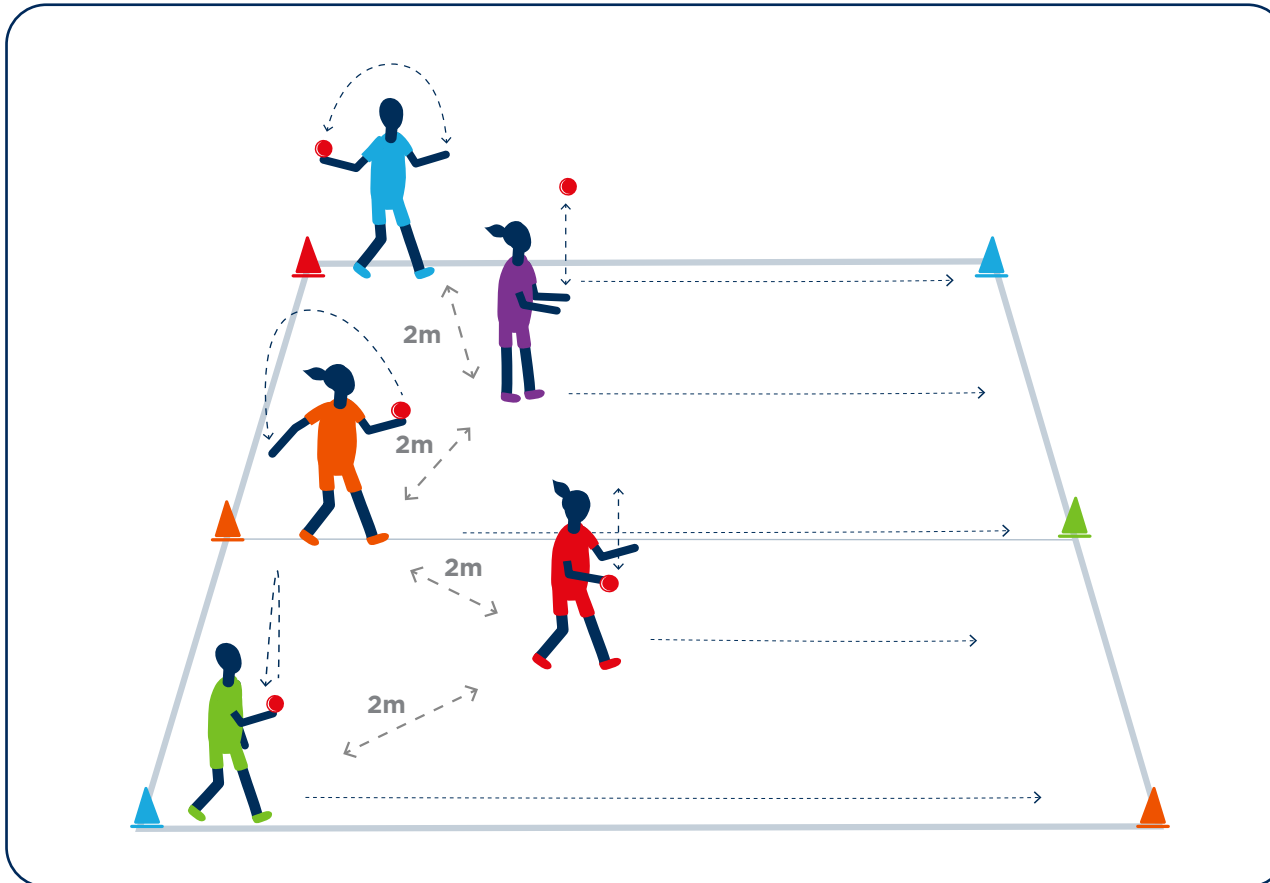
Increase/decrease distance between throwing cone

Throw ball in air and then get to the other cone before coming back taking the catch

Use different type of catch

Use different points system

Coach can feed ball if wearing mitt and another glove to protect their throwing hand - each player catches their own ball



Hand sanitiser - write your name on it



Always remain two metres apart¹



One skin one ball¹



Do not share equipment¹

¹Unless from the same household
Guidance accurate as of 5 June 2020