



# AUCKLAND UNIVERSITY CRICKET CLUB


## Flat and High Catches

A combination of High and Flat catches to try while we train in small groups.

Both these videos are centred around having fun and keeping your eye on the ball while moving.

We recommend you start by catching tennis balls or another softball before you field with the Regulation Commander ball.

Coaching Tip - Consider the distance between the hitter and catcher. Please ensure you have the required space to play any catching games.

 Train Like England: Catching - We Are England Cricket





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▶ England cricket training session in Sri Lanka - high catches

