



# WICKET KEEPING DRILLS DOCUMENT

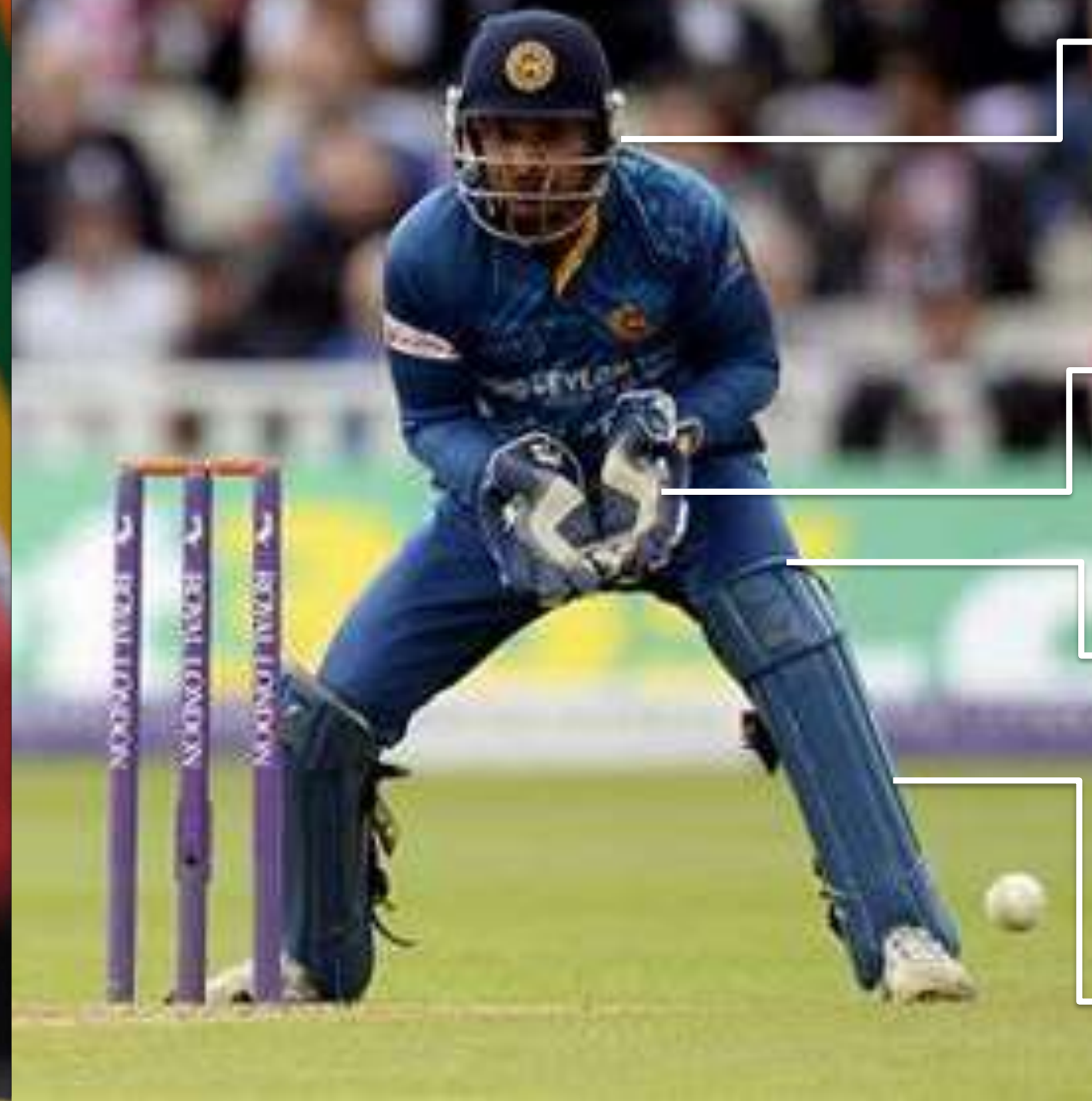


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## WICKET KEEPING KEY POINTS



EYES REMAIN LEVEL HEAD  
PUSHES INTO LINE OF  
BALL

OFFER AS MUCH HAND AT  
THE BALL AS POSSIBLE  
REGARDLESS OF CATCH.

POSTURE MAINTAINED;  
BEFORE, DURING AND  
AFTER CATCH.

MOVE EFFECTIVELY TO  
ALLOW ALL TYPES OF  
DELIVERIES TO BE  
MANAGED

WICKETKEEPING  
POSTURE & HANDS

WICKETKEEPING  
CROSS BODY TAKES

WICKETKEEPING  
STOOD UP TAKES



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WICKETKEEPING  
CREATE A SPIN BALL

WICKETKEEPING  
COKE CAN KNICKS

WICKETKEEPING  
MORE OBJECT KNICKS

WICKETKEEPING  
WHEELIE BAT KNICKS

WICKETKEEPING  
BOX HOLE KNICKS

WICKETKEEPING  
FOOTBALL POSTURE

WICKETKEEPING  
IRONING BOARD

WICKETKEEPING  
BAT KNICKS

WICKETKEEPING  
DOG LEAD KNICKS

WICKETKEEPING  
WHEELIE BIN KNICKS



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