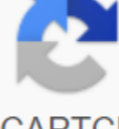


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Welcome to Wicket Keeping Tips I've been fortunate enough to work with some excellent wicket keepers over the years and they've all managed to share some wonderful wicket-keeping tips that I can share with you now. With Pakistan I had two big gloves in Rashid Latif and Moeen Khan, keepers with big hands and good athletes. In South Africa I started with Mark Boucher when he was 14 and we worked together until he was a South African Keeper, he was a world class keeper and I'm proud to say I've broken a lot of world records. Recently, when coaching the Titans I had Heino Kuhn, who developed his game by retaining Dale Steyn, Morne Morkel, Paul Harris, Roelof van der Merwe and Imran Tahir. At Cape Cobras with Dane Vilas, who currently holds the world record for the only goalkeeper who has scored more than 150 and has ten dismissals in a first class match. These wicket-storage tips can be used in conjunction with tips on batting, particularly on watching the ball and controlling your energy in the area. Positive intentions and how you manage your attention, your ability to focus are the key to good maintenance. Ten Wicket Keeping Tips with former Pakistan captain and Wicket keeper Rashid Latif ten Wicket Doing Tips with SA's Heino Kuhn Cricketer in the Top Ten Wicket Doing Tips 1. Use your vision of your wicket keeping the performance that your roles play in each format of the game. Set goals for the training and for match time. Break up every aspect of your storage by standing up to the stumps, standing backwards, catching on both sides, one and both hands. 2. As a wicketkeeper you are in the center of the point for a team performance in that area. Make sure your set is a good pace for the side. Get through the oatmeal, stay ahead of the clock with more speed, especially with 20 20 cricket, where time is always a problem. Make your field players look good by taking wayward throws and balls at half-volley. Confirm them and increase the confidence of your players by encouraging them, especially when your side is under pressure. 3. Set your attention for each ball, watch the ball out of the hands of the bowler. To be present with each ball, you will make mistakes, let them go, re-set your attention and set a goal for the next ball. Breathe and rest between the balls to help release the tension and reset the focus. 4. Get off on every ball, it makes you step under the ball. Keep your hands open and create a large surface area for the ball to enter. You will catch first in one hand, so take care of the dominant hand catch. Be aware of where you catch the ball in your hand. Notice the closing of the arm around the ball with the glove It makes your judgment more accurate and helps you in viewing the ball carefully. 5. Elite wickets set the alignment for receipts. Receipts Their sign from you - set them around 1 1/2 slides so that you have room to dive and move. When you are going to catch in this channel, go with full commitment. 6. When diving on the ball, lead your head, drive your head to the ball, a good head position gives your eyes and eventually your brain good information to get into position to take your catch. 7. When diving for catches you have two options: catching the ball, or putting your elbow under your body and roll so as not to land on it ... or you straighten your elbow when diving low for catch. This takes the concussion movement out of your landing. Get a mattress at home or at your club and practice it until you can master both techniques. Wear long-sleeved shirts to protect your elbows when diving. 8. Practice your attention and watch the ball. Staying down and watching the ball bounce to give yourself a long, good look at the ball. As in batting, judgment length is crucial and should be practiced. Practice this by doing throw drops and work on a bowling machine, if you have access to one, consciously pay attention to watching the ball bounce. Challenge yourself to not move until you have watched the ball bounce. 9. Keep your hands low and your eyes glued to the ball when making a bouncing ball, allow your hands to stay long, so your hands come up under the ball. This stops you having to go back down for the ball. 10. Practice taking the ball up to the stumps and down the leg side, put a chair or a long box in the way. You need an obstacle where the flight of the ball is hidden as it passes the imaginary batsman. Practice your weight transfer and sweeping your weight back into the stumps for stumping. To help with this, play with the ball all the time, tennis ball or inflatable ball. Throw it into the ground, bounce it off the wall and land. Let your brain experience many different angles. Catch with both hands, work on becoming as ambidextrous as possible. I hope you enjoy those wickets keeping tips, go back and visit regularly as I add more tips and wickets keeping the information. Pass them to your friends, help them improve their game with a wicket to keep tips to keep them on track. Share them and get them to come visit Cricketlab to improve their cricket skills too. Back to cricket tips from Wicket Doing Tips to score Adam Gilchrist as the best in the world, Sarah Taylor holds the record for stumpings in limited-overs women's cricket. Here, England's brilliant wicketkeeper and stumping specialist shares his secrets on sticking out behind the sticks. Get in the position you want to be in a very solid and strong position, so it doesn't matter as a fast bowler but also in a strong position to get back to the stumps. It's effectively squat, on your feet, leaning forward with your hands on the floor - The best position to be in whether it's outfield or sustaining, just to be able to withstand the ball coming at you at any speed and then to be able to get it back to the stumps. Stay low I always try to stay down as long as I can because you never know what bounce will do. You don't want to assume that he's going to come to a good height every time, because sometimes he rolls on the floor. You want to stay down as long as possible, especially before the bounce. Bounce will basically tell you everything and then you'll go from there. You follow the line with your head and hands and then as soon as it bounces you come up with it. The best in the world. @Sarah_Taylor30 - Adam Gilchrist (@gilly381) June 11, 2018 Use your head I'm not one to head out. Crabbing was never for me. I could intentionally overdo it a bit at the beginning to have my legs moving, but I always try if I can get my head under it. It doesn't matter where my body is, but I get my head in line, fingers pointing down. I used to always try to catch it in the middle of my body, but I started catching it a bit on my left foot if I hold in my right hand, so my movement is already going in the right direction. Stand up to make a difference you have to be more adventurous now and get up for faster bowling. You used to be able to get away with it - you get maybe one or two keepers doing it a few years ago. Now if you're not very good at standing you probably won't be on the team. Anya had a lot of lbws or people caught on square feet because I'm standing. It stops the batsman from doing what they want to do, if you look at someone like Anya Shrubsole who attacks the stumps, most people will stand out from their crease to try to nullify lbw because of the swing. As a dough you want to get out of the crease and meet it to the fullest, but to me standing they caught at the crease, they will not go anywhere. They beat the swing when he's swinging the most. She had a lot of pounds or people caught on square leg because I'm standing. It stops the batsman from doing what they want to do. Let them know that you are there you are always trying to be loud, almost louder than you should be, just to create this atmosphere around them. They know that once they miss it you have. You always tell the batsman just being there that they can't make a mistake otherwise they're gone. Stay included You have to think all the time. Is the field doing something? Is the ball swinging? Do we need to bounce!? Do we need to give it up in its entirety? All this must come into it. You can't turn it off, and by the end of the innings you probably have to be about as drained as the captain, hard to fight, fight I do a lot of tennis exercises because they find your flaws. If you're a bit off target or your hands are a bit where they shouldn't be, you won't be catching a tennis ball because it's bouncier than a cricket ball. You can put a big cricket bag in the way, or you can put some pads on three or four of those high poles that bowlers use to run through, and position them where the batsman will stand. Alternatively, you can put some of these polystyrene stumps at a good length. Put five or six things on the way outside off the stump and just make your life hell! SUGGESTED READ England's Sarah Taylor discusses her incredible stumping against South Africa's WICKET KEEPING DRILLS Basics Wicket Saving key points you wicket keeper? You have to do for these exercises to keep your basics. Crouch You wicket keeper wants to improve his squat technique? This video takes you through some coaching tips to help you if you're struggling for the stumps. Advanced Wicket-Keeping Standing up to a stag learn the key skills needed to keep up at stumps when facing spin or mid-tempo bowling. How to keep the wicket with Adam Gilchrist's Adam Gilchrist talks to Michael Vaughan and Ricky Ponting through the art of wicket-taking, drawing on their experience of keeping Shane Warne and Glenn McGrath. It's a fantastic resource for all aspiring wicketkeepers. Посмотрите Полезные дрели дрель 3 - Ожидание и позднее движениеDrill 4 - Объем и ловкость ловкость wicket keeping tips in hindi. wicket keeping tips for spin bowling. wicket keeping tips by ms dhoni. wicket keeping tips by adam gilchrist. wicket keeping tips standing up. wicket keeping tips in tamil. wicket keeping tips for beginners. wicket keeping tips in hindi download

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