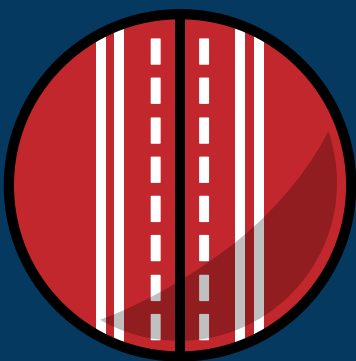


EZRA'S 10 GOLDEN RULES

"The concentration of a heart surgeon, the reflexes of a fighter pilot, the guts of a boxer"

by Ramachandra Guha (on wicketkeepers)



1 USE THE CORRECT EQUIPMENT

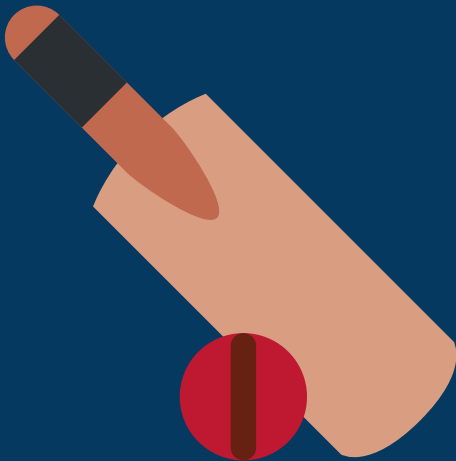
2 CATCH BALLS CRICKET/TENNIS EVERYDAY

3 WORK ON YOUR FITNESS

4 WORK ON YOUR BALANCE WHEN CATCHING

5 KEEP YOUR FEET SHOULDER WIDTH APART

6 KEEP YOUR HEAD CLOSE TO YOUR HANDS WHEN CATCHING



7 WATCH THE BALL ALL THE WAY INTO THE GLOVES

8 1 STEP AT A TIME. DON'T RUSH YOUR KEEPING

9 BE BRAVE WHEN KEEPING WICKET



10 ENJOY! HARD WORK WILL ALWAYS PAY OFF