



**CATCHING**



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**I extend my arms to reach for the ball**  
(thumbs together if the ball is high, pinkies together if the ball is low).



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**I watch the ball as it makes its way to my hands.**



# CATCHING

**I catch the ball using only my hands.**



# CATCHING

**I pull the ball towards my body as I make the catch.**



# CATCHING

**I protect my catch by curling my body around the ball.**



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