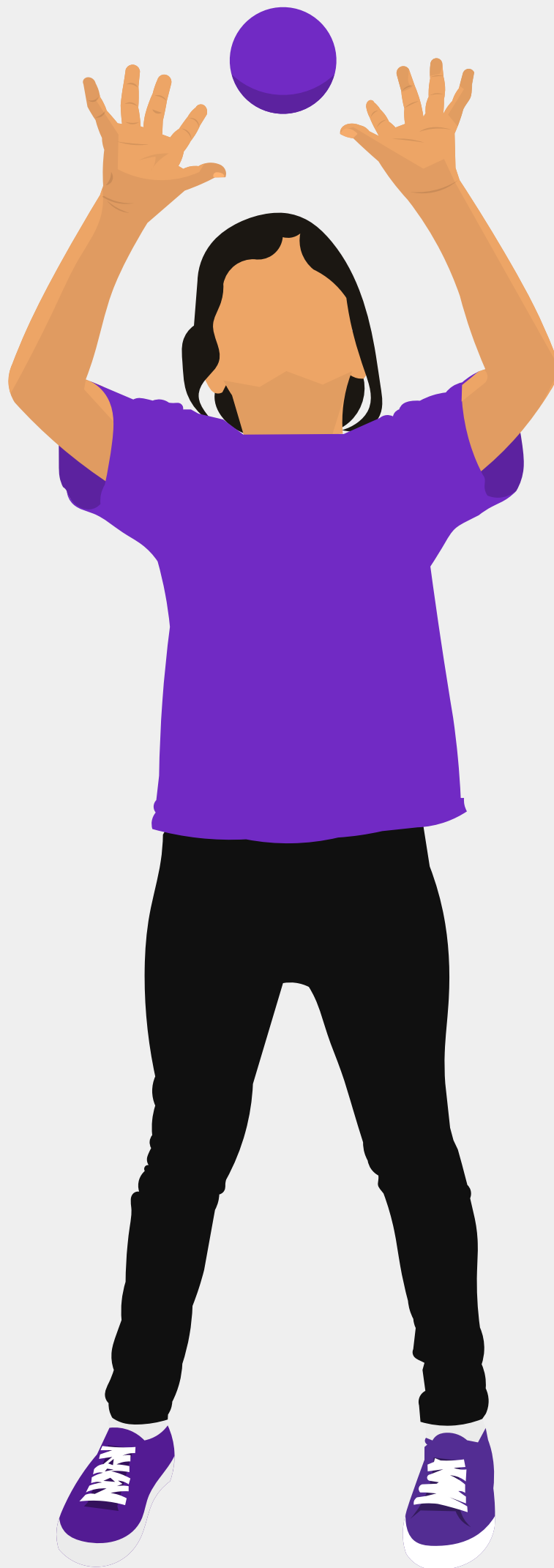




CATCHING



Important Keys

- 1 I extend my arms to reach for the ball (thumbs together if the ball is high, pinkies together if the ball is low).
- 2 I watch the ball as it makes its way to my hands.
- 3 I catch the ball using only my hands.
- 4 I pull the ball towards my body as I make the catch.
- 5 I protect my catch by curling my body around the ball.

