

CATCHING



1. Hold glove up to **create a target** for the thrower.
2. **Watch the ball into the glove**
3. If ball is **above the waist, fingers up or to the side**
4. If ball is **below the waist, fingers down**
5. Use other hand to keep the ball in your glove.

Notes:

- Getting kids to put fingers up when the ball is thrown above waist is tough. They have caught underhanded for a long time. Explain that without fingers up, ball can keep going and hit them.
- Start with a real soft type ball so they will not be scared of the ball.
 - Nerf Ball
 - Tennis Ball
 - Koosh Ball
 - Yarn Ball
- Can be done even if no glove to catch with. Work on technique.
- Start with balls right to them. Then move on to ball to left and right of them.
- Finally work on fly balls (pop ups) so they look up to catch the ball. (again, use a softer ball to alleviate fear)