

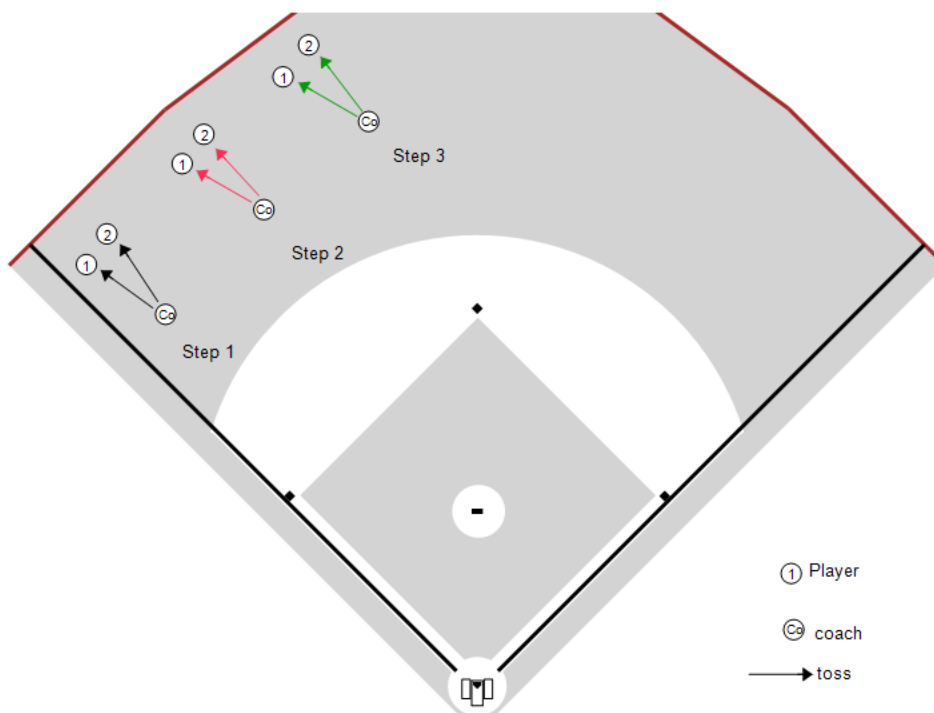
Title : Basic Catching

Category #1 : skills

Category #2 : catching

Content elements:

Components :



**Key Points :**

Proper catching position

2 hand catch

face of clock

palm faces thrower

Description

**Objective:**

- To teach the proper fundamentals of catching a ball thrown in various positions

**Equipment/Setup:**

- 1 coach/parent for every 2 players. 1 ball per coach

**Execution:**

- FIRST introduce proper catching technique including the "Face of the Clock"...above head=12:00, below waist=6:00, far left=3:00, far right=9:00. Palm always faces thrower
- All lines do steps 1,2,3 at the same time. Progress to next step together
- Step 1 - No gloves and coach at short distance. Coach underhand tosses to player 1. Player 1 catches with bare hand that glove would be on. Other hand close for support. Player 1 throws back to coach. Repeat for Player 2.
- Step 2 - Gloves on and coach at further distance. Coach overhand tosses to Player 1 above head and below waist. Player 1 catches in the 12:00 and 6:00 position. Return to coach and repeat with Player 2
- Step 3 - Gloves on and coach at same distance. Coach overhand tosses to Player 1 to the left and right. Player 1 catches in the 9:00 and 3:00 position.

**Progression:**

- Throw balls in multiple positions and force players to make proper catch...Palm always faces thrower
- Introduce competition...have contest between 3 groups to see who can make 20 catches 1st