

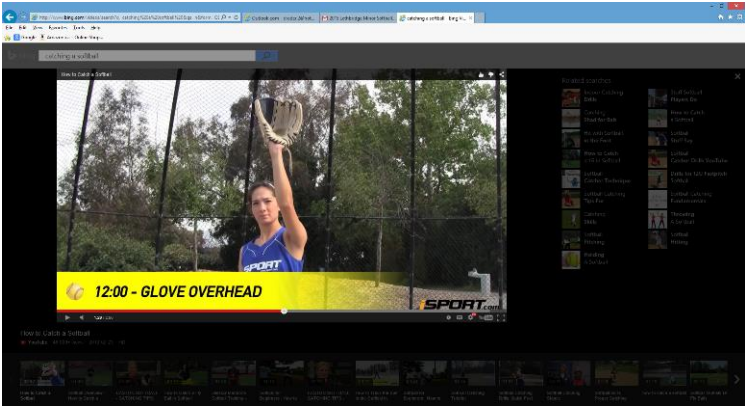
Stand in ready position. Feet apart. Knees slightly bent. Hands open for target. Glove open wide. Elbows bent and down.



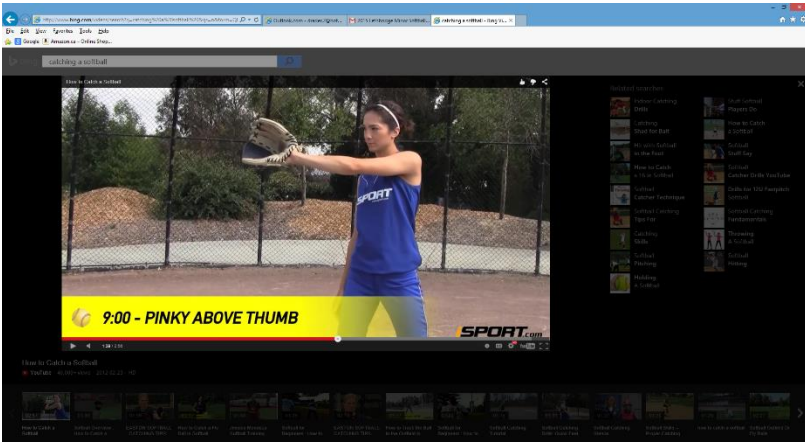
Always use 2 hands to catch. The glove hand squeezes the ball while the throwing hand helps to keep the glove closed while being closed to throw the ball right away.



You may have to reposition your body by taking a step or 2 to the side to catch straight on. But sometimes you need to just move your glove. Use the face of a clock for older kids or up, down, left, right for younger ones.



12:00 or "up" position for anything above your head. Still using the other hand to be right beside it too. (not shown in picture)



9:00 or “left” position for anything to your left. Still using the other hand to be right beside it too. (not shown in picture)



6:00 or “down” position for anything below your waist. Still using the other hand to be right beside it too. (not shown in picture)



3:00 or “right” position for anything to your right. Still using the other hand to be right beside it too. (not shown in picture)