



1<sup>st</sup> get into ready position. Feet apart, knees bent, facing the target, glove low.



Glove on ground, throwing hand on top, eyes on the ball all the way. If ball is coming slow they can approach it instead of waiting for it to come to them.



DO NOT LET THEM TRAP THE BALL.



Bring throwing hand on ball in glove into stomach to create soft hands.



Look at target, Step and throw.