CATCHING (RECEIVING THE THROW) PROGRESSION & TECHNIQUE

<https://www.youtube.com/watch?v=uOwC9wmhd0Y>

* 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.
* 9:00 or “left” position for anything to your left. Still using the other hand to be right beside it too.
* 6:00 or “down” position for anything below your waist. Still using the other hand to be right beside it too.
* 3:00 or “right” position for anything to your right. Still using the other hand to be right beside it too.

    

**Mechanics**

* Stand in an athletic and balanced position to receive a throw:

◼ Weight on the balls of the feet

◼ Knees slightly bent

◼ Feet staggered with the non-throwing foot slightly forward

◼ Glove and throwing hand out in front of body

* Give a target to the thrower in centre of the body
* Use two hands to receive the throw
* Hands and glove work like the face of a clock (pinkies and thumbs)

◼ When the ball is below the belly button, the pinkies should be together

◼ When the ball is above the belly button, the thumbs should be together

* Move body so that the ball is caught on the throwing hand side to aid in a quick transfer to the throw
* When ball contacts the glove, the hands and elbows should give (Soft Hands)
* As you absorb the catch, bring the ball and glove to the throwing shoulder