



Teaching Catching

Key Words

- Get Behind the Ball
- Give a Target
- Catching the Egg
- Relax and Give with the Ball

Coaching Tips

For athletes with lower ability, impairments or fear of the ball, the following progression is recommended:

- Begin by bounce passing the ball to the athlete from a short distance. A softer ball can also be used.
- Work on getting the athlete to move his or her feet so that the athlete gets behind the oncoming ball. The ball can be trapped with arms and chest. Progress to catching the ball with the hands only. Then catch an aerial pass.
- Some athletes, because of other impairments, may never be able to catch an aerial pass. If they have tunnel vision or are extremely small, the best throw to them is either a bounce pass or a rolling-the-ball pass.
- Regardless of the height of the pass, the receiver's hands are at the level of the pass with palms facing forward.

Key Words

- See the Ball
- Slide

