

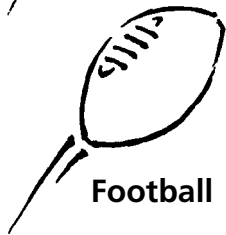
Good catchers
can play:



Frisbee



Baseball



Football

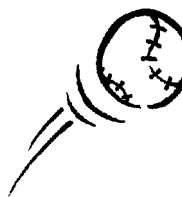


Ribbon Ball

Good catchers:



1. Keep their eyes on the ball.
2. Make a basket shape with their hands.
3. Reach out towards the ball.
4. Make the catch soft and quiet like catching an egg.



It's fun to catch...

- different objects (small pillows, stuffed toys, sockballs)
- crumpled paper or a scarf tossed high into the air
- from distances close and far



Helpers Say:

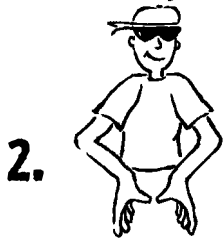
"I like the way you remembered to get your hands ready to catch"

"Remember to reach for the ball."

"What helps you make a good catch?"

**Put all your eggs
in one basket!**

Circle the pair of hands that shows the correct way to make a basket when catching!



ANSWER: #3

Which Comes First?

Put the pictures of the secrets of good catching in order by drawing a line between the number and the matching correct action.

1

Before catch

2

While catching

3

Finishing catch



Strength:

☞ try a seal walk
(drag lower body)



☞ walk on hands and feet like a puppy dog
(try to walk backwards too)

Catch The Mouse!

Crumple up a piece of paper to use as a mouse. Try to grab the paper mouse from between your partner's hands. Don't let your partner touch your hands!

