

THROWING & CATCHING

It is important to learn the basic technique early on otherwise shooting may be difficult.

- Grip the ball with fingers (one hand) leaving a gap between the palm and the ball.
- Lift the arm so that the elbow is level with the shoulder and the elbow at a 90-degree angle.
- Move the arm back
- As you move to throw the ball take a step forward with your opposite leg
- Finish movement with a stretched arm

To catch the ball stretch your arms (slightly bent) out in front of you

- Fingers and thumbs are spread
- Catch the ball
- Absorb the speed of the ball by moving arms to the body



Arm up high, elbow level or higher than shoulder

Make sure your friend is ready to catch, before you pass

Hands and fingers form the shape of an upside down heart

Spread out your fingers and thumbs

Ball should not be so big that you can't grip it. Size down if necessary

Take a step forward with opposite leg

When getting ready to catch stand with equal weight on both feet, knees slightly bent.

The thumbs are placed behind the ball

