



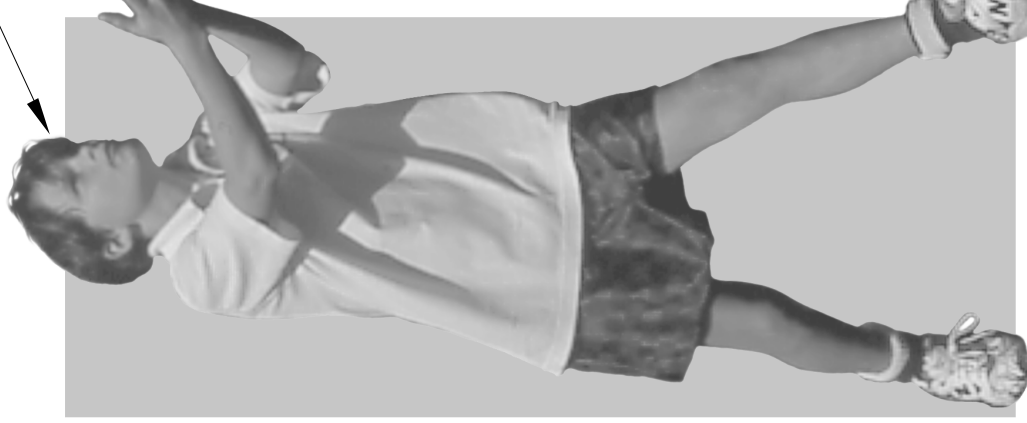
Get active



4. Catch

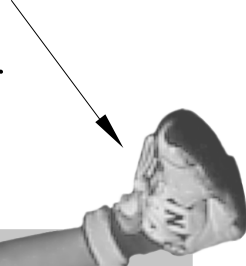
For the supervisor and the student

watch what you are catching



cup your hands

*move your feet
to put yourself
into position*



Show me how to ... catch

1

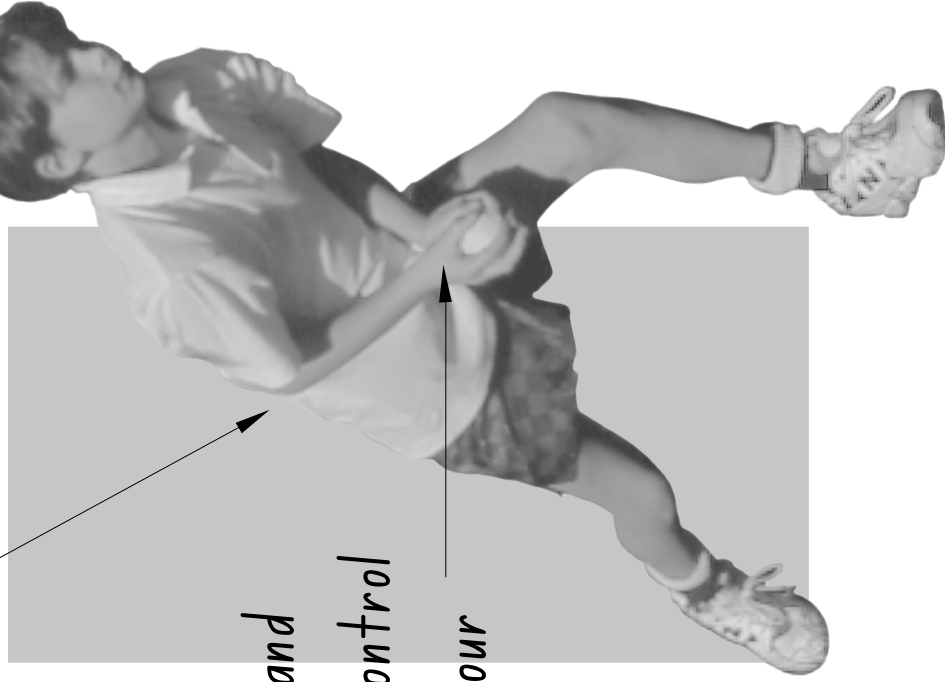
watch the ball



Show me how to ... catch

2

*bend your elbows to bring
the ball into your body*



*catch and
keep control
with your
hands*

Show me how to ... **catch**

3