







CATCHING

Gabháil



Target Pupil							Comments
Eyes focused on the object throughout		Head					
Move the body directly in the path of the object		Trunk					
Hands reach out to meet the object		Arms					
Relaxed fingers and hands are cupped to receive the object							
Catch and control the object with the hands only							
Bend the elbows to absorb the impact							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	WCatch the ball with two hands.	The side or the front.	A ball.