

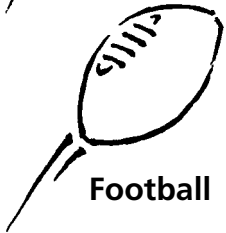
Good catchers  
can play:



Frisbee



Baseball



Football

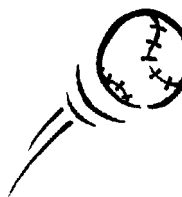


Ribbon Ball

## Good catchers:

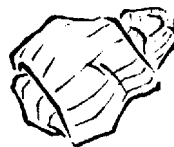


1. Keep their eyes on the ball.
2. Make a basket shape with their hands.
3. Reach out towards the ball.
4. Make the catch soft and quiet like catching an egg.



## 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:

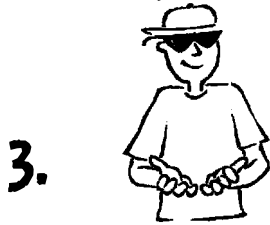
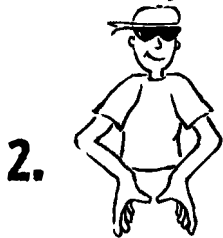
*"I like the way you remembered to get your hands ready to catch"*

*"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!

