

Catch and Throw



When Catching a Ball

- Make a Diamond with your fingers
- Thumbs in when ball is above the Waiste
- Thumbs out when the ball is belo the Waiste
- Bring ball to the nose

When Throwing a Ball

- Ankle: point throwing angle to target
- Power: Point glove elbo to target
- Pull: Pull the string from glove to hand to foot
- Pronate: Grab the dollar in back pocket