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 below the Waiste

-Bring ball to the nose (Track it with both eyes)

When Throwing a Ball

-Ankle: point throwing-hand foot's ankle to target

-Power: Point glove elbow to target

-Pull: Pull the Imaginary string from glove to hand to the Pivot foot's hip

-Pronate: Grab the dollar in the Back Pocket

