

RECEIVING

TECHNIQUE (With a glove or without a glove)



- Put all of your fingers in the fingers of the glove.
- Catch the ball in the palm of the glove or in your catching hand.
- Try to catch the ball with two hands whenever possible.
- Let your hands “give” to absorb the force of the ball as the ball enters the glove or your catching hand.



- If the ball is above the waist, point your fingers upward so the thumbs are together. If the ball is below the waist, point your fingers down so the little fingers are together.



- Bring the ball into the middle of the body, step toward the target and throw.

