

LEVEL: ON DECK

ON DECK – RECEIVING

With a partner or a coach standing in front of the player at five (5) feet, throw the ball underhand to the athlete. At this stage, look for athletes to receive the ball using both hands.

Below are activities that can be used to prepare players for this skill:

ACTIVITY *CATCH THE BALL LIKE AN EGG (13)*

[Click here](#) for video demonstration

Goal: Help athletes absorb the ball when catching it.

Description: With a partner or a coach located in front of the athlete at six feet, throw the ball underhand to the athlete. Encourage athletes to catch the ball with two hands.

Place athletes opposite each other at 6 feet apart. With athletes on two knees, and bare handed, have them play catch throwing the ball under hand. For younger athletes, it is a good idea to match them with coaches or parent helpers.

VARIATIONS AND PROGRESSION:

- A. On both knees, use foam balls
- B. On both knees, no glove, use a bigger ball
- C. On both knees, no glove, use a tennis balls
- D. Standing up, no glove, use tennis balls or a bigger ball, throw with one bounce.
- E. On both knees, use foam balls
- F. On both knees, no glove, use a bigger ball
- G. On both knees, no glove, use tennis balls

Equipment: Several types of balls (minimum one per player), 2-3 buckets

KEY POINTS

- *Reach out for the ball*
- *Brings hands towards the body when catching the ball*

