

The Body Catch

1. Get the whole body behind the ball. As you are about to take the ball from the ground with both feet, clamp the ball with both hands into the body and bend to catch. Do not reach out for the ball, let it into the body. This type of catch is frequently used in a game.
2. There must be a certain "give" in the body as the ball hits it, otherwise the ball will bounce away.
3. A slight variation of the catch is when a dropping ball comes in waist high. The ball should be trapped in the same way as the body catch.



COMMON FAULTS

1. Taking the eyes off the ball.
2. Not *GOING* to meet the ball.
3. Failing to get a firm grip of the ball.
4. Bad timing and lack of determination when going in for the ball.

The Chest Catch

1. Run out to meet the ball.
2. Jump and catch the ball on the chest with hands wrapped around the ball, the manner is like the chest. Some players like to wrap their arms around the ball in a "star" or "fisher" fashion.
3. Players must *GO* to meet the ball and not wait for it to come to them.



COMMON FAULTS

1. The same as the body catch except that the timing is more important here.
2. The ball will rebound off the chest unless the hands grasp the ball at the moment of contact.

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