

## **Skill: Catching Below Waist**

**Visual Description:** Student should be facing the thrower with arms and hands partially extended from the body below the waistline. The pinkies of the hands should be touching, forming a type of basket for the football to be caught.

### **Movement Sequence**

- 1) Feet shoulder width apart
- 2) Knees and hips slightly bent\*
- 3) Arms partially extended from the body\*
- 4) Pinkies touching to form basket
- 5) Keep hands loose
- 6) Give with ball on contact\*
- 7) Focus on point of ball\*
- 8) Tuck ball away

### **Movement Cues**

- 1) Feet
- 2) Athletic stance
- 3) Arms extended
- 4) Pinkies
- 5) Loose hands
- 6) Give
- 7) Focus
- 8) Tuck

### **Task Complexity**

**Learner:** Novice

**Skill:** discrete

**Environment:** open

