

Skill: Catching Above Waist

Visual Description: Student should be facing the thrower with arms and hands partially extended away from the body at chest level. The index fingers of the hands should be close together and the thumbs to form a window to see through. Student should focus on the point of the football until it is through the window.

Movement Sequence

- 1) Feet shoulder width
- 2) Knees and hips slightly bent
- 3) Arms partially extended from the body
- 4) Form window with the fingers
- 5) Keep the hands loose
- 6) Give with the ball when it contacts the hand
- 7) Focus on the point of the football through the window
- 8) Tuck football

Movement Cues

- 1) Arms partially extended
- 2) Form window
- 3) Give with ball
- 4) Focus on point

Task Complexity

Learner: Novice

Skill: Discrete

Environment: Open