

## MOVEMENT PHASES -- Catching

<b><i>Movement Phase</i></b>	<b><i>Stage 1</i></b>	<b><i>Stage 2</i></b>	<b><i>Stage 3</i></b>
<i>Preparation</i>	<ul style="list-style-type: none"> <li>• Head is often turned away from ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch the ball until it is in the arms.</li> <li>• Elbows are by the body and the gap between is small enough to catch ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Arms reach for the ball.</li> <li>• Hands move toward the ball at the same speed, as the ball is moving.</li> </ul>
<i>Force Production</i>	N/A		
<i>Critical Instant</i>	<ul style="list-style-type: none"> <li>• Little or no attempt to close the arms/hands around the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• The arms close around the ball once contact has been made.</li> </ul>	<ul style="list-style-type: none"> <li>• Hands move to surround the ball, with the palms toward the ball.</li> <li>• Arms and hands close around the ball as it approaches the chest.</li> </ul>
<i>Recovery / Follow-through</i>	<ul style="list-style-type: none"> <li>• The arms are too far apart to cradle the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Arms cradle the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Force is absorbed.</li> <li>• Ball is trapped into body.</li> </ul>