

**Softball
Catching a
thrown ball
Fundamentals**

1. Ready

Athletic position

- knees slightly bent
- hips/feet square to ball
- weight on balls of feet

2. Hands

both hands

- thumbs together
- palms facing ball
- wrists relaxed

⚠ fingers up

- Chest level or above
- If ball below chest, bend knees
- If ball at waist, feet wide, bend knees
- Only ball below waist should glove fingers be flipped down

3. Catch

Give a target with two hands at chest level in front of the body.

- Receive ball out in front of the body
- track ball all the way into glove

Receive ball

- squeeze ball
 - use bare hand to cover/hold ball in glove
 - enables quick throw
- turn glove as necessary to catch ball
 - throws that aren't right at you
 - still catch these in front of the body

