

## Catching Progression

1. Eyes
2. Reach
3. Grab
4. Tuck

The Noose- Thumbs together your hands tighten around the ball, like a noose.

Pinky Noose- Fingers are pointed toward the ground and pinkies are together.

1. Take a picture of the ball through your frame. (Focus-eye the ball into the tuck.)
2. Extend Hands, Catch with a cushion. Absorb the ball.
  - a.\*Tai Chi=When two hard things collide, they often break.
3. Catch with fingertips, not the body. We want to have hands on the ball with arms extended. This keeps DB's on our hips and away from the ball.
4. Catch the ball in your "body frame" if possible. You want to square your body to the ball for a high percentage catch.
5. Call Laces/No Laces.
6. "If it touches the skin, bring it in."

### Low Ball

1. Make sure to use the "pinky noose" (pinkies together) unless the ball is thrown to the side, then we want to use a regular noose position to catch the football.
2. Bend knees to get low; do not bend the back to get low! "Lower Your Frame."
3. Square your body to the ball if possible. Low balls to the side have a very low success rate.
4. Catch the ball with your hands.
5. BE A PLAYMAKER, MAKE THE HARD CATCHES.

### High Ball

"High Ball, High Hands!"

1. Square yourself to the ball as best you can.
2. Focus is to keep ball in eyesight the whole time.
3. Get Tall For the Ball.
4. When hands are around the ball, secure it and pull close to chest.
5. In a jump ball after ball is in hands, turn away from DB and pull it in.
5. Do not tip ball, if uncatchable play DEFENSE.
6. BE A PLAYMAKER, COME DOWN WITH IT.