WEST LANCASHIRE SPORT PARTNERSHIP
EDUCATION • HEALTH • ACTIVE LIVING

1. Ready position:

Feet shoulder width apart and knees slightly bent.

2. Eyes focussed on the object.

3. Hands make an appropriate target, with little fingers glued together and remaining fingers spread.

4. Move your hands towards the object to catch.

5. Grip the object with your fingers as it lands into your hands.

6. Soft hands and once caught, bring the object into your body.