

Level 1-Catching & Holding The Ball

The person receiving the pass should always present the target at which they wish to receive the ball. Try and establish eye contact with the passer and move to the pass in a game situation. Have the hand or hands in a pass-ready position with palms turned towards the passer. Watch the ball all the way into the hands. Step towards the ball as it arrives, with the arms extended to decrease the length of the pass and the risk of interception. As the ball hits the fingers, bend the elbows slightly and pull the ball in towards the chest to cushion the impact.

Once received, grip the ball tightly with fingertips, not the palms, and assume the triple-threat position.

Drills

Have your players pair up with similar height and strength, one ball per pair, spread along the base-line facing each other, side on to the court. One player is on offense, the other on defense.

The offensive player holds the ball with both hands on the sides of the ball. The defensive player holds the same ball on the top and bottom. Both players should be knees bent, back straight, head and eyes up. Feet slightly greater than shoulder width apart with the weight on the balls of the feet.

Players then shuffle towards the centre-line while trying to pull the ball from their opponent's hands.

Swap roles at mid-court and work back to the base-line.

Coaching points

- Posture must be maintained
- No crossing of the feet
- Be careful...pulling of the ball, not wildly thrashing!
- Watch for obvious mismatches and quietly adjust the pairs