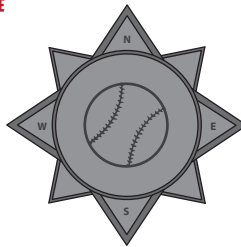


## CATCHING A BASEBALL

Catching any ball is a great skill to learn. It is all about developing hand-eye coordination. Whether it is for sports or simply when someone throws something to you from across the room, learning to catch is an important life skill to have.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Have someone throw a ball to you and you catch it ten times in a row.

Here are a few tips for best practice:

- When you are catching, stand facing the person who is throwing the object to you. Don't stand sideways. Stand on the balls of your feet so you can move a little if you need to. Have your knees slightly bent.
- Keep your eyes on the ball. Looking away or flinching will almost certainly cause you to miss it or fumble it, at best.
- If you have access to a catcher's mitt, practice using that. If you don't have one, practice a two-handed catch, creating a large scoop with your two hands kind of like a catcher's mitt.
- Practice on your own by throwing a ball against an outside wall (a tennis ball works well for this) and catching it.

