

THE MASCOT CHALLENGE COACHING TIPS



WEEK 1 CATCHING

TIP

1

Make sure you watch the ball all the way into your hands.

TIP

2

Try to make your hands into a big bowl for the ball to land in.

TIP

3

Stand with your feet shoulder width apart.

TIP

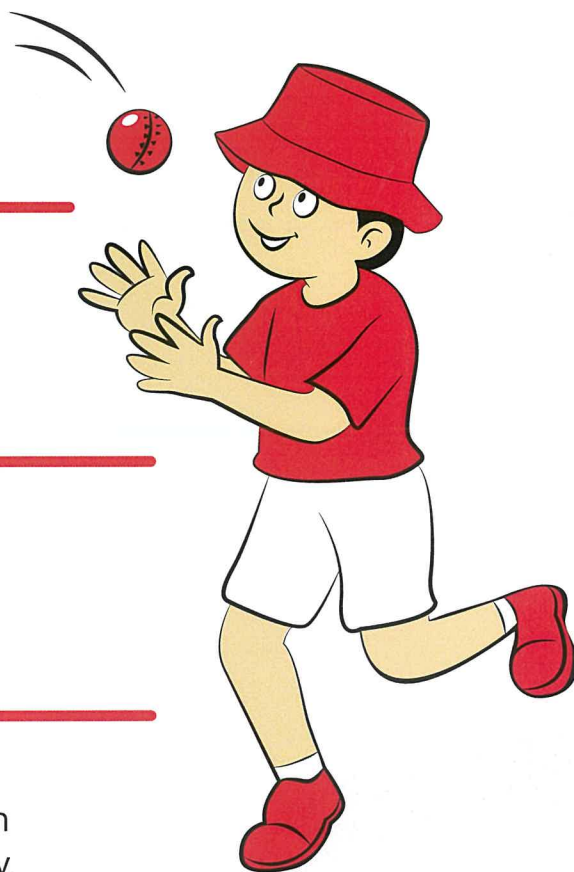
4

Catch the ball in your hands with your elbows in front of your body.

TIP

5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



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