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| --- | --- | --- |
| Observation | Check | Comments |
| Catch   * eyes on the ball * move in the direction of the ball * arms outstretched to catch * move ball into the body to cradle * protect the ball while coming down * read the defenders before landing * timing and sequencing * successfully catch without missing or fumbling | ­­­­\_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_ |  |
| Landing   * body positioning to lower forces * no pause before running * land prepared to run * eyes up to watch the field * land on both feet (if possible) * appropriateness of actions based on defenders and situation * timing and sequencing | \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_ |  |
| Follows the correct cues, appropriate decision making | \_\_\_\_\_\_\_ |  |
| Protect the ball throughout the skill | \_\_\_\_\_\_\_ |  |