|  |  |  |
| --- | --- | --- |
| 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 | \_\_\_\_\_\_\_ |  |