**THROWING AND CATCHING NOTES**

1. **Throwing a softball/baseball**
   1. Grip
      1. pointer and middle fingers across seams
      2. thumb underneath
      3. ring and pinky fingers curled on the side
   2. Release
      1. 4 phases of arm circle
         1. arm down at side
         2. arm straight back
         3. arm up with elbow as high or higher than shoulder
         4. release and bring arm forward and down
      2. step forward with non throwing foot
2. **Catching a softball/baseball**

With glove

-glove turned so you see the back

1. **Throwing a football** 
   1. Grip
      1. middle, ring, and pinky fingers on laces
      2. pointer finger and thumb wrapped around the back (nose) of ball
   2. Release
      1. 2 phases of throw
         1. bring ball behind ear
         2. bring arm forward and turn thumb down and palm out on release (spiral)
      2. step forward with non throwing foot
2. **Catching a football** 
   1. make a window with thumbs/pointer fingers (above waist)
   2. pinkies together (below waist)
   3. catch ball away from body
   4. bend elbows and cushion ball into body
3. **Basketball Passing Technique (2-handed passes)**
   1. Chest Pass
      1. Grip
         1. hands on the sides of the ball with thumbs behind
      2. 2 Phases of pass
         1. bring ball to chest
         2. step forward and push thumbs out on release
      3. step toward your target
      4. can bounce the ball to teammate if desired (bounce pass)
   2. Overhead pass
      1. Grip
         1. hands on the sides of the ball with thumbs behind
      2. 2 Phases of pass
         1. bring ball over and behind head with elbows bent
         2. bring arms forward and extend elbows on release
      3. step toward your target