3. THE PERFECT CATCH

INTRODUCTION

The catch creates the perfect shot.
A bad catch leads to a bad shot.

The catch cocks the ball and sets up the shot.

Setting up the shot with a good catch requires following specific rules.
INTRODUCTION

The catch and prep stage create the perfect shot. A bad catch leads to a bad shot.

The catch cocks the ball and sets up the shot.

Setting up the shot with a good catch requires following specific rules.
3. THE PERFECT CATCH

INTRODUCTION

A square player cannot catch the ball.

A square player falls over on the back.

A square player cannot rotate the hips or sweep the left arm to catch the ball.
3. THE PERFECT CATCH

INTRODUCTION

A square player cannot catch the ball.

The square body leads to a poor catch and shot.
The shooter cannot recover while throwing the ball from the body position created by the bad catch.

The catch is the shot.
3. THE PERFECT CATCH

INTRODUCTION

*Rotation: hip motion and the left hand sweep.*

*Hip rotation is created by an angled body: left foot forward and the right leg straight back.*

*The left arm sweeps wide to the left to assist the hips in rotating the catcher’s body.*
3. THE PERFECT CATCH

INTRODUCTION

A square player cannot catch the ball.
A square player falls over on the back.
A square player cannot rotate the hips or sweep the left arm to catch the ball.
3. THE PERFECT CATCH

INTRODUCTION

The ball is not caught by the right arm.

The ball is caught by the whole body.

The immobile right arm is attached to a torso that is rotated by the hips and left arm.

Right arm doesn’t move. The hips and right leg move.
3. THE PERFECT CATCH

INTRODUCTION

The force of the ball being caught is absorbed by the angled player rotating back.

Square player cannot absorb the force of the ball and is knocked over and drops the ball.
3. THE PERFECT CATCH

INTRODUCTION

As a demonstration, lift the right arm straight up in the air and try to move it back 24-inches (60-cm) without moving the hips; the arm moves 2-inches (5-cm).

Demo: rotate the hips and step back with the right leg. Right arm moves back 24-inches.

_Hip rotation catches ball; the hips are the catch._
3. THE CATCH
1. Point left foot
2. Sweep left hand
3. Right leg back
4. Rotate right hip
3. THE CATCH

As the ball is caught the hips and right leg rotate back.

Hips rotate for catch.
3. THE CATCH

Right arm cannot move. Hips and right leg rotate the right arm back for the catch.
3. THE CATCH

Rotation is the catch

No rotation = No catch

Rotate the body to catch the ball.
3. THE CATCH
LEFT HAND HELPS HIP ROTATION

The body rotates by moving the hips and the left hand.
3. THE CATCH
LEFT HAND HELPS HIP ROTATION

Without the left hand sweep to the left the hips cannot rotate.
3. THE PERFECT CATCH

CATCHING MISTAKES

1. Right hand reaches for ball instead of waiting for the ball to reach the shoulder.

2. When the right hand moves forward the right foot moves forward = square body.

3. No left foot point = square body.

4. Right leg in front = square body.
3. THE PERFECT CATCH

THE LEFT HAND IS THE CATCH

Secret of rotating the body to catch the ball is the left hand sweeps left to rotate player.

Left hand is the $3^{rd}$ hip of the player.
3. THE PERFECT CATCH

THE LEFT HAND IS THE CATCH

Left hand sweep turns the body to right.

Left hand sweep is half of hip rotation.

Left hand is more important than the right hand for catching the ball.
3. THE PERFECT CATCH

LEFT HAND SWEEPS LEFT for CATCH

3. LEFT HAND CONTINUED

Left Hand Sweeps Left to Catch the Ball.

Hips rotate back with Left Hand sweep to catch the ball.
3. THE PERFECT CATCH

LEFT HAND SWEEPS LEFT for CATCH

3. LEFT HAND CONTINUED

Left Hand **Sweeps Left to Catch the Ball.**

Hips rotate back with Left Hand sweep to catch the ball.
Square player falls over on his back.
The horizontal shooter has a weak shot.
ACROSS-THE-FACE
CATCH
2-on-1 Counterattack Pass from left to across-the-face shot.

Across-the-Face Catch from Left Side Pass on 2-on-1.
3. THE PERFECT CATCH

RIGHT FOOT ACROSS-THE-FACE-CATCH

Sweep | Swing | Point

90° | 180° | 270°
3. THE PERFECT CATCH

SWEEP

SWING

POINT
3. THE PERFECT CATCH

RIGHT FOOT ACROSS-THE-FACE CATCH

Ball thrown from left side, caught on right.
Ball travels across-the-face for catch.
Spin, Catch, Turn and Shoot.
3. THE PERFECT CATCH

RIGHT FOOT ACROSS-THE-FACE CATCH

Right Foot Points at Passer
Left hand sweeps as ball caught
Right leg swings 270-degrees
Switch legs: Left foot point, Right leg back
3. THE PERFECT CATCH

Sweep Left Hand  Swing Right Leg  Point Left Foot
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

1. SWEEP

2. SWING
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

3. POINT
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

1. SWEEP

2. SWING

SWEEP & SWING
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

3. POINT
Right foot swings back
Left foot points at goal
3. THE PERFECT CATCH

5 PARTS OF RIGHT FOOT ACROSS-THE-FACE CATCH

1. Point the right foot at passer.
2. Ball caught close to face.
3. Left hand sweeps water left to rotate right.
4. Swing right leg back.
5. Point left foot at right corner.
3. THE PERFECT CATCH

Right Foot Across-The-Face-Catch
Across-the-Face Catch from Left Side Pass
Across-the-Face Catch

CATCH

TURN

SHOOT
3 PASS RULES
1. CATCH
2. TURN
3. SHOOT
Across-the-Face Catch
2-on-1 Counterattack Pass from left to across-the-face shot.
SHOOT
3. THE PERFECT CATCH

RIGHT FOOT ACROSS-THE-FACE CATCH

1. Left Hand Sweeps to Right

Left hand pushes water to the left to rotate the catcher’s body to face the passer.

No left hand motion, no body rotation.
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

2. Right Foot Forward

Catcher swings right foot forward.

Catcher turns, faces passer, points right foot.
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

3. Catch Ball Close to Face

Ball is softly passed close to the catcher’s face.
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

4. Left hand Sweeps Left

Ball caught as left hand sweeps left.
Player rotates right.

Without left hand sweep, the ball is dropped.
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

4. Left hand Sweeps Left Continued

Left hand rotates the body 270-degrees right.
Right leg is swung behind the buttocks.
Left foot point appears, points at right corner.
3. THE PERFECT CATCH

ACROSS-THE-FACE CATCH

5. Right Leg Swing, Left Shoulder & Foot Point

Swing right leg back 270-degrees.

Left foot points at right corner away from goalie.
3. THE PERFECT CATCH

MISTAKE: ACROSS-THE-FACE CATCH

1. Left foot is forward instead of right foot.
2. Left foot forward locks the hips from moving.
3. Prevents player from rotating to face passer.
4. Left foot points at goalie in left corner.
ACROSS-THE-FACE MISTAKE-LEFT FOOT

CATCH
wrong foot

TURN & SHOOT
Incomplete wrong corner

Correct left foot point points at left corner.
3. THE PERFECT CATCH

MISTAKE: ACROSS-THE-FACE CATCH

Left foot point technique points left foot point at goalie.

Limited left foot swing motion.
3. THE PERFECT CATCH

MISTAKE: ACROSS-THE-FACE CATCH

Left foot point technique prevents complete body rotation to point left foot at right corner.

Left foot only rotates 45-degrees.

Left foot needs to rotate 90-degrees to point at right corner.
3. THE PERFECT CATCH

MISTAKE: ACROSS-THE-FACE CATCH

Left foot point technique points left foot at goalie.

Where ever the left foot points the ball goes.
Left foot technique prevents full body rotation.
3. THE PERFECT CATCH

MISTAKE: ACROSS-THE-FACE CATCH

Right leg only swings 45-degrees.

Player’s left shoulder/foot points at left corner.

Ball shot at goalie.
3. THE PERFECT CATCH

LEFT FOOT ACROSS-THE-FACE CATCH
3. THE PERFECT CATCH

LEFT FOOT ACROSS-THE-FACE CATCH

Superior Catch     No right/left leg switch
Quicker but a more difficult catch
3. THE PERFECT CATCH

LEFT FOOT ACROSS-THE-FACE CATCH
LEFT FOOT CATCH

1. Point left foot at goal.

2. Turn torso towards passer.

3. Left hand pulls to left.

4. Right leg straight back and moves slightly (steers like a oar).
3. THE PERFECT CATCH

Left Foot Across Face Catch

1. Point left foot at goal.
2. Turn torso towards passer.
3. Left hand pulls to left.
4. Right leg straight back and moves (steers) slightly.
3. THE PERFECT CATCH

Left Foot Across-The-Face Catch

Left hand is critical rotating the body during the catch.

Left hand pulls to left to turn body to right.
3. THE PERFECT CATCH

Left Foot Across-The-Face Catch

Women can use this technique as well as men.

Left hand and right leg combine to catch ball.

No more dropped balls during the game!
3. PERFECT CATCH DRILLS

4 Drills, 4 Slides

1. LEFT FOOT CATCH DRILL

Two players side by side pass and catch the ball. Left foot forward, back vertical, hips rotate, left hand pulls water to the left and rotates body. Body rotation is the left hand sweep.
3. PERFECT CATCH DRILLS

2. RIGHT FOOT CATCH DRILL

Two players: passer left post, catcher right post

Catcher faces passer, right leg points at passer and sweeps water with left hand.

Catching the ball: swing right leg 270-degrees and sweep water to left with left hand.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS

Two player drill: Catcher in the water close to the wall, passer on-deck. Passer bends over, throws underhand pass to player, who catches, points shoulder and cocks the arm.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS: MISTAKES

No Full Shoulder/Hip Rotation!
1. Right leg not moved behind the butt
2. Steps-out to the side with right leg
3. Falls over or bends the back

Drill done correctly a clear blue pool of water appears: right leg swings behind.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS: 3 Cues

Player on deck acts as a coach watching catcher.

1. Left Shoulder Point
2. Chest Out of Water
3. Clear Blue Water (swing right leg behind)

Not rotating the hips and not stepping-back with the right leg are the main mistakes.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS

Mistakes: No hip rotation or leg extension.

Right leg does not move behind the player. Player incorrectly steps-out side, falls over or bends back.

CLEAR BLUE WATER when right leg moved back. Don’t move leg to side.
3. PERFECT CATCH DRILLS

4. POOL SIDE CROSS PASS DRILLS

Player close to the wall, passer on deck is to the extreme left. Ball is tossed softly underhand.

Catcher:

1. Right foot forward
2. Point right foot at passer
3. Right shoulder points at the wall
3. PERFECT CATCH DRILLS

4. POOL SIDE CROSS PASS DRILLS

Player close to the wall, passer on deck is to the extreme left. Ball is tossed softly underhand.

Catcher:
1. Right foot forward
2. Point right foot at passer
3. Right shoulder points at the wall
3. PERFECT CATCH DRILLS

4. POOL SIDE CROSS PASS MISTAKES

Catcher does not want to spin the right leg 270-degrees and stops after 180-degrees!

No left shoulder point, catcher square to wall. Ball still points at passer.

Left hand sweeps strongly to left to rotate hips.
THE CATCH

NO HIPS, NO LEFT HAND
NO CATCH
LEFT SIDE CATCHING

LEFT FOOT POINT

RIGHT ARM CATCH

ROTATE HIPS
RIGHT SIDE CATCHING

LEFT ARM SWEEP
SWING RIGHT RIGHT LEG
LEFT FOOT POINT
3. PERFECT CATCH

**SUMMARY**

1. The catch is more important than the shot.
2. Angle the body with left foot forward.
3. Right leg straight back, rotate the hips and sweep the left hand to the left.
4. Across-the-face requires the right foot forward and a 270-degree leg swing.
3. ACROSS-THE-FACE CATCH

**SUMMARY**

1. Point the right foot at the passer for right foot catch.
2. Catch the ball and swing the right leg back.
3. Left hand sweeps water to rotate body to face the goal.
4. Right foot across-the-face swings the right leg back 270-degrees and points the left foot at right corner.
5. Left foot forward across-the-face catch points the left foot forward, right leg straight back, turns the torso to catch the ball and uses the left hand to rotate the body.
3. PERFECT CATCH Q & A

1. Shot is more important than the catch.
   True
   False

2. The catch sets up the shot.
   True
   False

3. A poor catch means a poor shot.
   True
   False
3. PERFECT CATCH Q & A

4. Catching leads to cocking the ball.
   True
   False

5. The best catch position is square.
   True
   False

6. The left foot is forward with the right leg back to catch the ball on left to right pass.
   True
   False
3. PERFECT CATCH Q & A

7. Across-the-face pass is caught with the left foot forward by a young player.
   True
   False

8. The pass thrown from the right side to the left side has the left foot forward.
   True
   False

9. Girls due to wide hips makes it difficult to catch the across-the-face pass.
   True
   False
3. PERFECT CATCH Q & A

10. The left hand sweeps to the left to rotate the player’s body to the right for the catch.
   True
   False

11. The left hand is more important than the right hand in catching the ball.
   True
   False
3. PERFECT CATCH Q & A

12. The across-the-face catch using the left foot forward technique is more difficult catch but it is quicker because the right and left legs do not switch.

True
False
3. PERFECT CATCH Q & A

13. The left foot catch has the right leg straight back moves slightly to the right and left (steers) to balance out the catch.

True
False

1F 2T 3T 4T 5F 6T 7F 8T 9T 10T 11T 12T 13T
END
CHAPTER
3