3. PERFECT CATCH DRILLS
4 Drills, 4 Slides

1. LEFT FOOT CATCH DRILL

The two players pass and catch the ball. The left foot is forward, back vertical, hips rotate, left hand pulls water to the left to rotate the body. Body rotation is the left hand sweep. The catch must be perfect. A dropped pass is the result of poor catching technique.
3. PERFECT CATCH DRILLS

2. ACROSS-THE-FACE CATCH DRILL DRILL

Two players, passer on the left post and the catcher on the right post. The catcher-to-be faces the goal and moves the right leg toward the passer and pushes water with the left hand. When catching swing the right leg 270 degrees and pull water to the left.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS

Primarily used for women and age group boys and girls. The tendency for these groups is to not point the left foot and rotate the hips. These athletes, particularly the females do not want to rotate their hips. The pool side drill is the solution.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS

The drill requires two players: one in the water close to the wall and a passer who is standing on the deck. The passer bends over and throws a soft underhand toss to the player in the water.
What does not happen is full hip rotation and the right leg moving behind the player’s butt. The player steps-out to the side, falls over or bends the back. There should be clear blue water where the right leg used to be. A right leg straight back creates clear blue water.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS

The player on the deck acts as a coach watching the catcher to see if the player points the left shoulder at the wall and lifts the chest out of the water. Most players do this well. However, for girls, stepping-back with the right leg is difficult.
3. PERFECT CATCH DRILLS

3. POOL SIDE FORM DRILLS

What does not happen is hip rotation. The right leg does not move behind the player’s butt. The athlete incorrectly steps-out to the side, falls over or bends the back.

There should be CLEAR BLUE WATER where the right leg used to be. Do not let the right leg move to the side.
3. PERFECT CATCH DRILLS

4. POOL SIDE CROSS PASS DRILLS

The player is close to the wall with the passer on the deck and to the extreme left of the catcher in the water. The ball is tossed softly underhand. The catcher has his or her right foot forward and pointing at the passer with the right shoulder pointing at the wall.
3. PERFECT CATCH DRILLS

4. POOL SIDE CROSS PASS DRILL

The catcher catches the ball with the right hand in front of the face and swings the right leg backward 270-degrees. The player’s left shoulder sharply points at the wall. The right leg swings completely around the body and is behind the butt.
3. PERFECT CATCH DRILLS

4. POOL SIDE CROSS PASS MISTAKES

The catcher does not want to spin the right leg 270-degrees and stops after 180-degrees! There is not a left shoulder point. The catcher is square to the wall. The ball is still pointing at the passer. The left hand must sweep strongly to the left to rotate the hips.
3. THE 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 catch requires the right foot forward and a 270-degree leg swing.