

## Manipulative Skill: Catching

Rating	Body	Space	Effort	Relationship
Advanced	Consistent mature performance (as described in the box below)	Can catch any size of ball from low, horizontal, or high trajectory.	Can absorb force when catching ball coming fast.	Can position body to get behind or square with oncoming ball from any distance and speed.
Proficient	Preparation <ul style="list-style-type: none"> <li>• Reaches out for ball with hands.</li> <li>• Keeps thumbs together for above-head catch.</li> <li>• Keeps pinkies together for below-waist catch.</li> <li>• Moves to get behind oncoming ball or anticipates ball position.</li> <li>• Keeps eyes on ball.</li> <li>• Catches with hands only.</li> </ul> Recovery <ul style="list-style-type: none"> <li>• Gives with body.</li> <li>• Pulls ball into body.</li> </ul>	Can catch medium-size ball from horizontal trajectory.	Can absorb force when catching ball coming at medium speed.	Can position body to get behind or square with oncoming ball from medium distance and medium speed.
Developing	Preparation <ul style="list-style-type: none"> <li>• Reaches out for ball with hands.</li> </ul> Execution <ul style="list-style-type: none"> <li>• Does not position with thumbs or pinkies for height of catch.</li> <li>• Sometimes anticipates oncoming ball and moves to get behind ball.</li> <li>• Keeps eyes on ball.</li> <li>• Uses body (chest) and hands to catch ball.</li> </ul> Recovery <ul style="list-style-type: none"> <li>• Inconsistently gives in upon catching ball.</li> </ul>	Can catch large ball from medium distance.	Can catch large ball coming at slow speed.	Sometimes positions or adjusts body to get behind ball.
Beginning	Preparation <ul style="list-style-type: none"> <li>• Does not reach for oncoming ball.</li> </ul> Execution <ul style="list-style-type: none"> <li>• Uses chest and forearms to catch ball.</li> </ul> Recovery <ul style="list-style-type: none"> <li>• Does not absorb force by giving in with arms and body.</li> </ul>	Inconsistently catches large ball from short distance.	Can catch large ball coming at slow speed.	Cannot position body in relation to oncoming ball.