

# Shaping Your Hands for a Catch



**Correct:**

- Hands in a “W” shape and slightly curved behind the ball.
- Wrists straight and locked.



**Incorrect:**

- Hands underneath or in front of the ball.
- Bent or floppy wrists.



**Correct:**

- Palms against the ball with fingertips wrapped firmly around it.



**Incorrect:**

- Hands on the side of the ball will allow a hard shot to go straight through.