

Ready Position



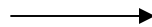
Initial Chest Catch



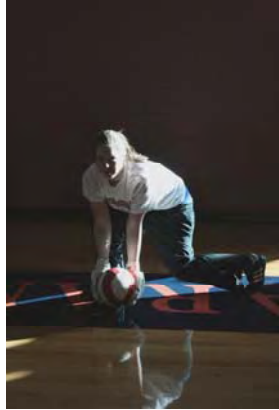
Finished Chest Catch



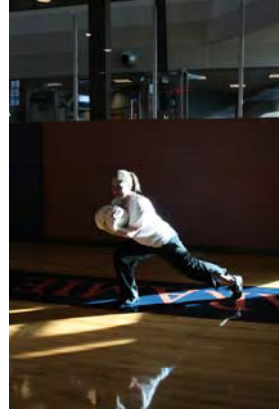
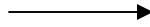
Initial Stomach Catch



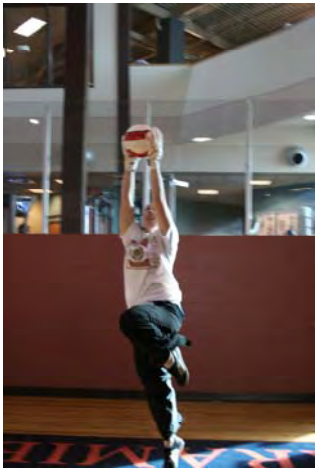
Finished Stomach Catch



Ground Ball



Follow Thru



High Ball



Diving



Improper Technique



Proper Technique

