

The two-handed catch is a manipulative skill that involves receiving an object.

The hands are positioned in front of the body with the elbows bent. The arms extend, reaching for the ball as it arrives. The ball is caught by the hands only.

Some common errors that children experience with catching include: catching against the body rather than in the hands, turning their head away, closing their eyes or leaning backwards away from the object, having little or no elbow bend to cushion the ball after catching, and not having their hands ready to catch.

Some corrections and verbal cues to address these common errors could include: instructing children to have their arms ready and to catch with their hands, watch the object move into their hands, bend their elbows so it is easier to hold onto the ball, and to cup their hands together ready for the ball to arrive.