**Catching Cues**

**1. Stance (face target with shoulders square, drop hips,**

**bend knees, feet shoulder width apart…ready position)**

**2. Window (make a diamond with index fingers and thumbs together)**

**3. Catch (look in your window to track and absorb the object with both hands)**

**4. Freeze Frame (after catching object, continue to hold object at that**

**location & keep eyes focused on your window)**

**5. Tuck (look object in to your body to secure it)**