Bounce ball on floor directly in front of body and catch between waist and shoulder height. Repeat while bouncing ball with opposite hand.

—OR—

Bounce ball on floor directly in front of body and catch between waist and shoulder height. Rotate entire body around in a full circle then catch ball between waist and shoulder height. Repeat in opposite direction.
**WALL TOSS AND CATCH**

Toss ball against wall between shoulder and head height and catch ball after it bounces off floor. Repeat while tossing ball.

**PARTNER ROLL & CATCH**

Roll ball on floor directly in front of body with partner catching ball between ankle and knee height. Repeat with partner rolling ball back in opposite direction.

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**WALL ROLL & CATCH**

Roll ball on floor directly in front of body against wall and catch ball after it bounces back off wall. Repeat while rolling ball with opposite hand.

**PARTNER BOUNCE & CATCH**

Bounce ball on floor out in front of body with partner catching ball between knee and shoulder height. Repeat with partner bouncing ball back in opposite direction.