

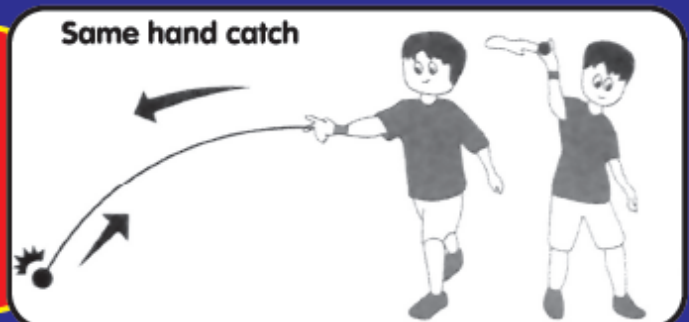
Exercise 1

- Throw the BlueBerry bounce in a safe direction down and away from your body.
- The ball will bounce and then return to you.
- Catch with both hands.

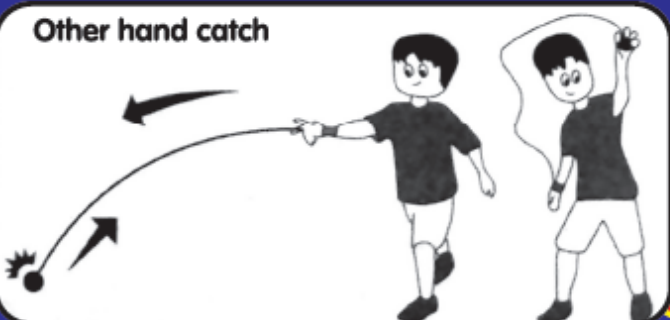
Exercise 2

- Throw the BlueBerry bounce in a safe direction down and away from your body.
- The ball will bounce and then return to you.
- Catch with the same hand you threw the ball with.

Same hand catch



Other hand catch



Exercise 3

- Throw the BlueBerry bounce in a safe direction down and away from your body.
- The ball will bounce and then return to you.
- Catch with your other hand you didn't throw the ball with.

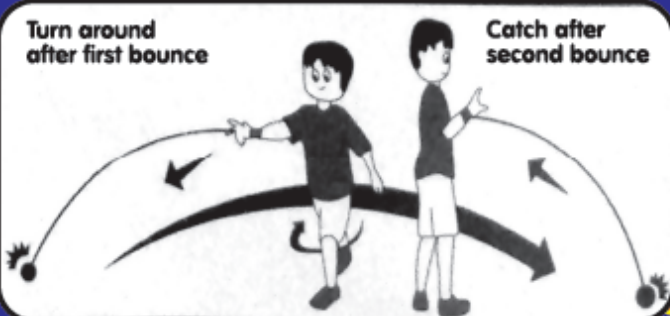
Exercise 4

- Throw the ball hard and down so that it bounces high and away from you.
- The ball will bounce up and then return to you.
- Jump up to catch the returning ball.



Turn around after first bounce

Catch after second bounce



Exercise 5

- Throw the BlueBerry bounce in a safe direction down and away from your body.
- As the ball returns turn your body around and without catching the ball let it bounce again.
- Catch as ball returns after second bounce.