

Tracking – The Basic Concepts

- To develop hand-eye coordination.
- To perceive ('read') the speed and direction of an incoming implement.
- When sitting on the ground, encourage engaging the core (push the glutes\bum into the floor), which will allow the arms to react faster and with more precision.
- To encourage the participant to track using the right hand on the right side and left hand on the left side.
- To time the movement of the hands to intercept an incoming implement (knock it down initially and catch it eventually).
- To center the midline of the body ('square-up') to the implement either on the ground or in the air.
- To encourage moving to the implement as opposed to reacting at the last minute – reach for the implement as it is coming toward you.
- To make contact with the ball before it gets directly adjacent to the front of the body. Have the hands reach for the ball and cushion it in towards the body.
- To increase the speed of a moving implement only when the current ability of the participant allows. Success is the most important variable as speed is introduced!
- To realize that adjustments to increase movement skill will be made according to the amount of perfect practice.