Skill Phases for Two Handed Basketball Catch.

Preparatory phase
- Knees Bent
- Hands in front of chest
- Get in line with the ball

Wind-up phase
- Eyes on the ball
- Brace for impact
- Give a target for the pass with your hands

Force phase
- Absorb ball’s energy with your arms and upper body to stop the pass
- Bend elbows with absorption

Recovery phase
- Arms bent
- Legs apart with even weight distribution
- Be ready to pass, or shoot, or dribble