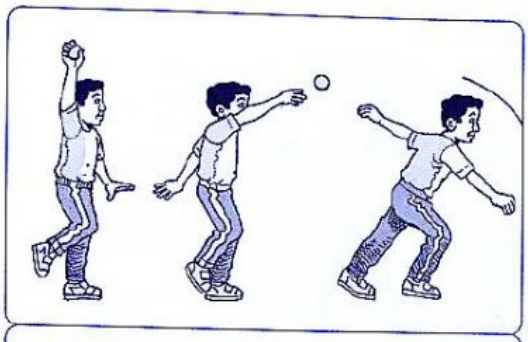
UNIT 5 : PEMUKUL HEBAT PEMADANG CEKAP

Membaling tepat menangkap cekap

Namakan jenis balingan dan kemahiran menangkap bola dalam permainan kategori memukul dan memadang.

Menangkap bola leret	Menangkap aras dada atau sisi
Menangkap atas kepala	Membaling dengan tangan lurus ikut jam
Membaling dengan tangan lurus lawan jam	Membaling bola sisi



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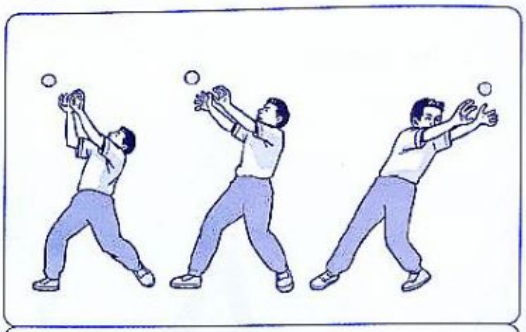

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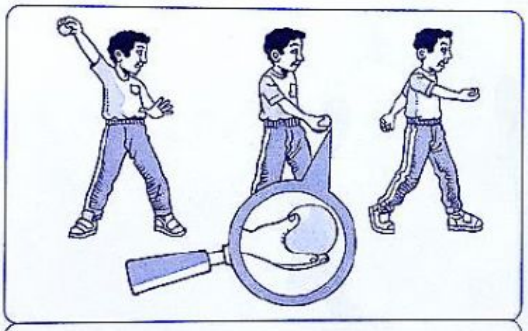

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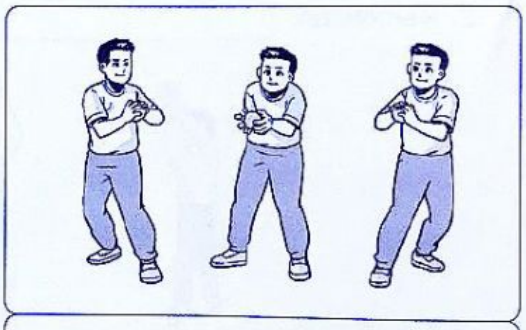

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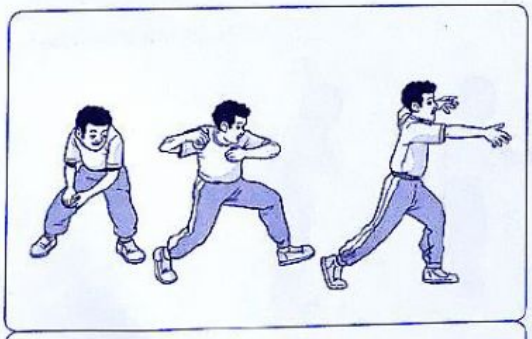

5.

6.

LIVEWORKSHEETS