****

|  |  |
| --- | --- |
| **Critical Elements & Cues For…** | |
| **Below-Chest Pass** | **Above-Chest Pass** |
| 1. **Athletic Stance**    * Feet & Knees Ready    * Hands Ready    * Eyes Ready 2. **Hand Placement**    * Waist Level    * Palms Up & Out    * Fingers Away 3. **Palm Strike**  * Palm Flat * Contact Between Heel & Fingers | 1. **Athletic Stance**  * Feet & Knees Ready * Hands Ready * Eyes Ready  1. **Hand Placement**  * Shoulder Level * Palms Out * Fingers in Toward Head  1. **Palm Strike**  * Palm Flat * Contact Between Heel & Fingers |