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| **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
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