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| **Critical Elements & Cues For** |
| **Long-Handled Striking** |
| 1. Prepare  * Grip with hands apart. (Non-dominant on top, dominant a foot below.) * Non-dominant side to target.  1. Load the Strike  * Stick (or other implement) swings back on a vertical plane. * Waist high.  1. Step and Swing  * Step with opposite foot toward target. * Swing through on the same vertical plane. * Contact the ball (or other object) square.  1. Follow through  * Waist high. * Point at target. |

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| **Critical Elements & Cues For…** | |
| **Throwing** | **Catching** |
| 1. Prepare  * Side to target. * Non-throwing arm to target.  1. Load the Throw  * Arm way back at shoulder height.  1. Step and Throw  * Step with opposite foot. * Elbow brings throwing arm forward. * Rotate with hips.  1. Follow Through  * Throwing hand extends to target across the body. | 1. Show Hands  * Hands out and reaching. * Thumbs together above the waist. * Pinkies together below the waist.  1. Eye on the Ball  * Watch the ball all the way to the hands.  1. Soft Hands  * Catch with hands and fingers. * Give with the ball into the body. |