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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.
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