



STRIKING CUE CHART

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.
2. Load the Strike
 - Stick (or other implement) swings back on a vertical plane.
 - Waist high.
3. Step and Swing
 - Step with opposite foot toward target.
 - Swing through on the same vertical plane.
 - Contact the ball (or other object) square.
4. Follow through
 - Waist high.
 - Point at target.



THROWING AND CATCHING CUE CHART

Critical Elements & Cues For...

Throwing

1. Prepare
 - Side to target.
 - Non-throwing arm to target.
2. Load the Throw
 - Arm way back at shoulder height.
3. Step and Throw
 - Step with opposite foot.
 - Elbow brings throwing arm forward.
 - Rotate with hips.
4. Follow Through
 - Throwing hand extends to target across the body.

Catching

1. Show Hands
 - Hands out and reaching.
 - Thumbs together above the waist.
 - Pinkies together below the waist.
2. Eye on the Ball
 - Watch the ball all the way to the hands.
3. Soft Hands
 - Catch with hands and fingers.
 - Give with the ball into the body.