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| **Critical Elements & Cues For…** |
| **Paddle Grip** |
| * Shake Hands with the Paddle * Soft Squeeze * Lock Wrist * Striking Surface Ready |



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| **Critical Elements & Cues For…** |
| **Serve** |
| * Step in Opposition * Drop Birdie—Waist High * Swing Low to High * Follow Through After Contact |



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| **Critical Elements & Cues For…** |
| **Forehand Strike** |
| * Grip Paddle * Stance with Non-Paddle Shoulder to Target * Swing—Paddle Starts at Waist * Transfer Weight from Back to Front Foot * Follow Through to Target |



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| **Critical Elements & Cues For…** |
| **Backhand Strike** |
| * Grip Paddle * Stance with Paddle Shoulder to Target * Swing—Paddle Starts at Waist * Transfer Weight from Back to Front Foot * Follow Through to Target |

