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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
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