



SKILL CUE CHART

Critical Elements & Cues For...

Paddle Grip

- ✓ Shake Hands with the Paddle
- ✓ Soft Squeeze
- ✓ Lock Wrist
- ✓ Striking Surface Ready



SKILL CUE CHART

Critical Elements & Cues For...

Serve

- ✓ Step in Opposition
- ✓ Drop Birdie—Waist High
- ✓ Swing Low to High
- ✓ Follow Through After Contact



SKILL CUE CHART

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



SKILL CUE CHART

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