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| **Critical Elements & Cues For…** |
| **Batting** |
| * Sideways Athletic Stance
* Grip Hands Together, Knuckles in a Line
* Bat Up, Grip at Armpit
* See the Ball from Start to Finish
* Rotate Hips and Drive Body Through the Ball
* Hands Follow Through the Ball
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| **Critical Elements & Cues For…** |
| **Throwing** |
| * Grip Across a Seam
* Two Fingers on Top
* Stand Sideways, Non-Throwing Arm at Target
* Step Toward Target (Opposition)
* Throwing Arm Way Back
* Follow Through Wrist to Opposite Knee
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| **Critical Elements & Cues For…** |
| **Catching** |
| * Eyes on the Ball
* Relaxed Arms
* Hands as a Target
* Thumbs Together (Chest or Above)
* Pinkies Together (Below the Chest)
* Use Both Hands to Absorb the Ball
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| **Critical Elements & Cues For…** |
| **Fielding Ground Balls** |
| * Athletic Stance
* Move Square to the Ball
* Hands (Glove) Low & Centered (Between Feet)
* Bend at Waist and Knees; Butt Goes Low
* Elbows Inside Knees
* Trap with Both Hands (Alligator Jaws)
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| **Critical Elements & Cues For…** |
| **Fielding a Pop Fly** |
| * Athletic Stance
* Body Under Ball
* Hands (Glove) Up High—in Front of Face
* Eyes Follow Ball to the Hands (Glove)
* Use Both Hands to Trap and Absorb
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