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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 |

