

SKILL CUE CHART

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

SKILL CUE CHART

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

SKILL CUE CHART

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

SKILL CUE CHART

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)

SKILL CUE CHART

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