

## SKILL CUE CARDS

### FOREHAND GROUND STROKE

#### Critical Elements

- Ready Position
- Non-paddle Shoulder Forward
- Begin Forehand Backswing and Step Opposite Foot Forward
- Contact Ball Low to High
- Shift Weight Forward and Follow Through Up

#### Coaching Words

- Non-paddle Shoulder Forward
- Opposite Foot Forward
- Paddle Top Down
- Sweep Up Follow Through

## SKILL CUE CARDS

### BACKHAND GROUND STROKE

#### Critical Elements

- Ready Position
- Paddle Shoulder Forward
- Begin Backhand Backswing and Step Front Foot Forward
- Contact Ball Low to High
- Shift Weight Forward and Follow Through Up

#### Coaching Words

- Paddle Shoulder Forward
- Same Foot Forward
- Paddle Top Down
- Sweep Up Follow Through

## SKILL CUE CARDS

### UNDERHAND SERVE

#### Critical Elements

- Non-Paddle Leg Forward
- Face Opponent
- Backswing
- Keep Paddle Head Top Down and Below Wrist
- Drop Ball
- Contact Ball Below Waist (Before It Hits the Ground)
- Follow Through Up and Forward

#### Coaching Words

- Non-Paddle Leg Forward
- Paddle Head Top-down, Below Wrist
- Drop Ball, Contact After Drop
- Follow Through Up and Forward

## SKILL CUE CARDS

### FOREHAND /BACKHAND VOLLEY

(PING PONG VOLLEY)

#### Critical Elements

- Ready Position
- Move to Ball
- Open Stance with Feet Planted
- Short Backswing  
(Forehand or Backhand)
- Paddle Push and Contact Ball
- Short Follow Through Forward

#### Coaching Words

- Plant Your Feet
- Eyes on the Ball
- Push with Paddle's Open Face

## SKILL CUE CARDS

### LOB

#### Critical Elements

- Ready Position
- Move to Ball
- Get Low
- Contact Ball Low to High
- Strong Follow Through Up

#### Coaching Words

- Contact Low
- Follow Through Strong and High

## SKILL CUE CARDS

### OVERHEAD SMASH

#### Critical Elements

- Ready Position
- Paddle in Back Scratch Position
- Fully Extend Arm
- Contact Ball High
- Shift Weight Forward
- Follow Through Down

#### Coaching Words

- Back Scratch Position
- Extend Arm
- Contact High
- Follow Through Forward and Down