



Critical Elements for Motor Skills Guidance Document

Elementary Level

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Skill/ Standard	Cues	Critical Elements
Locomotor/ S1.E1	Hopping <ol style="list-style-type: none">1. One Foot2. L Shape3. Control	<ol style="list-style-type: none">1. Take off on one foot, land on the same foot. Switch feet.2. Holds opposite knee at 90 degree angle with foot behind body.3. Maintains balance
Locomotor/ S1.E1	Galloping (Step-T-Step-T) <ol style="list-style-type: none">1. Step2. "T" and repeat.3. Switch lead foot and turn.	<ol style="list-style-type: none">1. Establishes either foot as the lead & step forward2. Trail foot meet lead foot and turns opposite direction of lead foot. Making a letter "T"3. Twist to turn: Turns hips, shoulders, and eyes to the direction of movement
Locomotor/ S1.E1	Running <ol style="list-style-type: none">1. Hands2. Relax3. Pump Arms4. Lean & Light	<ol style="list-style-type: none">1. Hands are held near waist height.2. Relax shoulders, head, and wrists.3. Keeps arms bent at elbows and moving in opposition to legs4. Leans body slightly forward and land on balls of feet.

Locomotor/ S1.E1	Side Sliding <ol style="list-style-type: none"> 1. Move sideways 2. Lead & Trail Legs 3. Step-Together, Step-Together 	<ol style="list-style-type: none"> 1. Move sideways. 2. Establishes a lead leg with trailing leg staying behind 3. Legs open and close
Locomotor/ S1.E1	Skip <ol style="list-style-type: none"> 1. Step-Hop, Step-Hop, Step-Hop 2. Arm Swings 3. Control 	<ol style="list-style-type: none"> 1. Take a step, then hop on that foot. Step on the other foot, then hop on it, continue to alternate step-hop pattern 2. Swings arms in opposition to feet 3. Maintains balance
Locomotor S1.E1	Leap <ol style="list-style-type: none"> 1. Long step 2. One foot to other 3. Control 	<ol style="list-style-type: none"> 1. Take a long step. Pretend you are jumping over a puddle. 2. Take off on one foot and land on the opposite foot. 3. Controlled landing, keeping balance.
Locomotor/ S1.E3	Horizontal Jump & Landing <ol style="list-style-type: none"> 1. Look Ahead 2. Body Bend 3. Explode 4. Soft Landing 	<ol style="list-style-type: none"> 1. Focuses eye ahead 2. Bends body at waist to prep for jump 3. Explodes up and forward, extends body in flight 4. Takes off on two feet and lands on two feet with soft/bending knees
Locomotor/ S1.E4	Vertical Jump & Landing <ol style="list-style-type: none"> 1. Bend 2. Swing 3. Fly 4. Soft Landing 5. Balance 	<ol style="list-style-type: none"> 1. Hips, knees, and ankles bend in preparation for jumping action. 2. Swing arms upward as body propels upward. 3. Body extends and stretches upward while in flight. 4. Hips, knees, and ankles bend for a soft landing and absorb force. 5. Shoulders, knees, and ankles align for balance after landing.
Nonlocomotor/ S1.E7	Static Balance: Maintain Stillness <ol style="list-style-type: none"> 1. Control 2. Correct 3. Focus Forward 	<ol style="list-style-type: none"> 1. Maintains a steady balance 2. Adjusts body to maintain balance 3. Focuses eyes forward

Nonlocomotor/ S1.E8 & S1.E9	Dynamic Balance: Weight Transfer <ol style="list-style-type: none"> 1. Move 2. Good Posture 3. Control 4. Focus Forward 	<ol style="list-style-type: none"> 1. Maintains balance while using alternate stepping action. 2. Maintains an upright posture 3. Maintains balance using arms as needed 4. Focuses eyes forward
Manipulative/ S1.E13	Underhand Throw <ol style="list-style-type: none"> 1. Swing 2. Step 3. Throw 	<ol style="list-style-type: none"> 1. Swing and use a pendulum arm motion with the arm you are throwing with (i.e., like you are bowling) 2. Face your target and step with your opposite foot towards the target (i.e., if throwing with right hand, step towards target with your left foot) 3. Release the object and follow through to the sky or ceiling with your throwing hand.
Manipulative/ S1.E13	Overhand Throw <ol style="list-style-type: none"> 1. Point 2. Step 3. Turn 4. Follow Through 	<ol style="list-style-type: none"> 1. Point with non-dominant hand with side to target in preparation for throwing action and look at target. 2. Step with opposite foot as throwing arm moves forward while hip and spine rotate as throwing action is executed. 3. Arm back and extended, and elbow at shoulder height or slightly above in preparation for action; elbow leads as torso turns/twists. 4. Follow through toward target and across body.
S1.E14 Passing with hands	Passing (Chest Pass) <ol style="list-style-type: none"> 1. Eye on Target 2. Thumbs Behind Ball 3. Fingers Apart 4. Step to Target 5. Push with Two Hands 	<ol style="list-style-type: none"> 1. Focuses eyes on target 2. Thumbs are behind the ball and close to the chest. 3. Fingers apart on the sides of the ball for good grip 4. Step with dominant foot 5. Push with two hands with thumbs pointing down and arms extended for follow through
Manipulative/ S1.E15	Catching <ol style="list-style-type: none"> 1. Reach 	<ol style="list-style-type: none"> 1. Reach: Reach arms towards ball and watch the ball into hands.

	<ol style="list-style-type: none"> 2. Grab 3. Give 	<ol style="list-style-type: none"> 2. Grab: Pinkies together if ball is below waist. Thumbs together if ball is above waist. 3. Give: Give with ball as ball hits hands to make it a soft catch.
S1.E16 Dribbling/Ball Control with hands	<p>Dribbling with hands</p> <ol style="list-style-type: none"> 1. Eyes up. 2. Use finger pads, 3. Push with Arm and Fingers 4. Waist high 	<ol style="list-style-type: none"> 1. Keep eyes up to see the court. 2. Use the finger pads, not the palm. 3. Push with arm and fingers. Slow and controlled, not a slapping motion. 4. Keep the ball waist high.
S1.E17 Dribbling/Ball Control with feet	<p>Dribbling with feet</p> <ol style="list-style-type: none"> 1. Head up 2. Keep It Close 3. Inside or outside of foot 4. Soft 	<ol style="list-style-type: none"> 1. Look for open spaces and watch for others. 2. Keep the ball close 3. Use the inside or outside of the foot 4. Light touches
S1.E17 Dribbling/Ball Control with feet	<p>Trapping with feet</p> <ol style="list-style-type: none"> 1. Top stop 2. Don't lean 	<ol style="list-style-type: none"> 1. Place the bottom of foot on top of the ball to stop it. 2. Keep weight on the opposite foot.
S1.E18 Passing and receiving with feet	<p>Passing with feet</p> <ol style="list-style-type: none"> 1. Plant 2. Putter 3. Push 	<ol style="list-style-type: none"> 1. "Plant" or place your non-dominant foot beside the ball. Your weight shifts to this foot. 2. Putter: Turn your kicking foot out, making your foot like a "putter" (in golf). Use inside part of the foot. 3. Push: Swing your kicking foot and contact the ball. Point the foot where you want the ball to go, also called follow through.
S1.E18 Passing and receiving with feet	<p>Receiving with feet</p> <ol style="list-style-type: none"> 1. Plant 2. Trap 3. Control 	<ol style="list-style-type: none"> 1. Plant the non-kicking foot and transfer weight to this foot. 2. Trap the ball by placing the foot on top of the ball. Be sure not to lean on the ball. 3. Stop the ball before passing or

		dribbling.
S1.E19 Dribbling in combinations	Shooting (Soccer) <ol style="list-style-type: none"> 1. Plant 2. Laces or Insides. No toe 3. Follow Through 	<ol style="list-style-type: none"> 1. Plant the kicking foot beside the ball and transfer weight to this foot. 2. Contact ball with shoelaces or inside (no toe) below the middle of the ball 3. Follow through and point foot at target.
S1.E19 Dribbling in combinations	Shooting (Basketball) <ol style="list-style-type: none"> 1. Elbow 2. Extend 3. Wave Goodbye 	<ol style="list-style-type: none"> 1. The shooting arm makes an "L" shape with elbow. 2. The shooting arm extends up and makes an "I" 3. Then, wave goodbye by snapping wrist down.
S1.E19 Dribbling in combinations	Pivoting (Basketball) <ol style="list-style-type: none"> 1. Pick 2. Push 3. Hold 	<ol style="list-style-type: none"> 1. Pick one foot or another. 2. Push forward with the opposite foot. 3. Hold on to the ball tightly.
S1.E20 Kicking	Kicking for Distance <ol style="list-style-type: none"> 1. Plant 2. Laces or Insides. No toe 3. Follow Through 	<ol style="list-style-type: none"> 1. Plant the kicking foot beside the ball and transfer weight to this foot. 2. Contact ball with shoelaces or inside (no toe) below the middle of the ball 3. Follow through and point foot at target.
S1.E21 Volley, underhand	Two Handed Volley (4 Square) <ol style="list-style-type: none"> 1. Stance 2. Move 3. Contact 4. Lift 5. Follow through 	<p>4Stance: Toe straight ahead, feet shoulder width apart, bent knees and face target. Move feet to get under ball and opposite foot forward. Contact ball with flat surface of hands. Lift the ball by using legs and both hands. Follow through</p>
S1.E21 Volley, underhand	Forearm Pass (Volleyball) <ol style="list-style-type: none"> 1. Stance 2. Move 3. Hand Sandwich 4. Bend, stand, and 	<ol style="list-style-type: none"> 1. Stance: Toe straight ahead, feet shoulder width apart bent knees and face target. 2. Move feet to get under ball with opposite foot forward.

	<p>shoulder shrug</p>	<ol style="list-style-type: none"> 3. One hand on top of the other (palm up) and fold thumbs in 4. Elbows locked making flat surface with forearms. 5. Bent knees stand up and shrug the shoulders to lift the ball.
S1.E22 Volley overhead	<p>Overhead Pass (Volleyball)</p> <ol style="list-style-type: none"> 1. Stance 2. Move 3. Diamond 4. Contact & Push Up 5. Extend Arms 	<ol style="list-style-type: none"> 1. Stance: Toe straight ahead, feet shoulder width apart, bent knees and face target. 2. Move feet to get under ball with opposite foot forward.. 3. Arms overhead, point elbow out, make shape of diamond. 4. Make contact and push up by straightening legs and elbows. 5. Extend arms and wrists towards target.
S1.E23 Striking, short implement	<p>Grip</p> <ol style="list-style-type: none"> 1. Shake 2. Squeeze 3. Lock 4. Strike 	<ol style="list-style-type: none"> 1. Shake hands 2. Soft squeeze 3. Lock wrist 4. Striking surface ready
S1.E23 Striking, short implement	<p>Stance & Body Orientation</p> <ol style="list-style-type: none"> 1. Ready Position 2. Align 	<ol style="list-style-type: none"> 1. Feet Shoulder Width Apart, Knees Slightly Bent, Weight on the Balls on Feet and align body to the ball.
S1.E23 Striking, short implement	<p>Forehand with racket</p> <ol style="list-style-type: none"> 1. Grip: Palm Forward 2. Non-Paddle Shoulder 3. Swing 4. Shift 5. Follow Through 	<ol style="list-style-type: none"> 1. Grip: Shake hands with handle and palm facing net.. 2. Stance with Non-Paddle Shoulder to Target 3. Swing - Paddle Starts at Waist 4. Transfer Weight from Back to Front Foot 5. Follow Through to Target
S1.E23 Striking, short implement	<p>Backhand</p> <ol style="list-style-type: none"> 1. Grip: Back of Hand 2. Paddle Shoulder 3. Swing 4. Shift 5. Follow Through 	<ol style="list-style-type: none"> 1. Grip: Shake hands with handle and back of hand facing net.. 2. Stance with Paddle Shoulder to Target 3. Swing - Paddle Starts at Waist 4. Transfer Weight from Back to Front Foot 5. Follow Through to Target

S1.E24 Striking, long implement	Hockey Stance 1. Ready Position	1. Feet Shoulder Width Apart, Knees Slightly Bent, and Weight on the Balls on Feet
S1.E24 Striking, long implement	(Hockey) Grip 1. Shake 2. Dominant in middle 3. Opposite on end	1. Shake hands with stick. 2. Dominant hand is palm up in the middle of stick. 2. Non-dominant is palm down at end of stick.
S1.E24 Striking, long implement	Hockey (Dribbling) 1. Close 2. Head Up 3. Both Sides 4. Keep It Low	1. Keep ball/puck close. 2. Head up, look where you are going. 3. Use both sides of the blade. 4. Keep stick low to the ground and do not rise it above knee
S1.E24 Striking, long implement	Hockey (Trapping) 1. Blade down 2. Give	1. Keep blade on the ground. 2. As the ball approaches, give with the ball and angle the blade to absorb the force.
S1.E24 Striking, long implement	Hockey (Passing) 1. Blade down 2. Push with lower hand 3. Snap wrists	1. Keep blade on ground. 2. Push ball/puck to partner with the lower hand. 3. Snap your wrists.
S1.E24 Striking, long implement	Hockey (Receiving) 1. Blade down 2. Give 3. Absorb	1. Keep blade on ground. 2. Give with the ball/puck and. 3. Absorb the force by relaxing your lower hand grip and angle top hand forward.
S1.E24 Striking, long implement	Hockey (Shooting) 1. Blade below knee 2. Accuracy 3. Turn wrists over	1. Keep blade below knee for safety 2. Work on accuracy before power 3. For close shots, turn your wrists over as you shoot.
S1.E26 Jumping Rope	Long Rope: Set-up 1. Group of three. 2. 1st: Yellow cone turner 3. 2nd: Jumper 4. 3rd: Orange cone turner 5. Rotate	1. Make a line of three students on sideline behind yellow cone. 2. 1st person in line is the yellow cone turner 3. 2nd person is the jumper 4. 3rd person is the orange cone

		<p>turner. Orange cone is placed toward middle of court & aligned with yellow cone about 8-10 feet apart.</p> <p>5. Rotate after jumper gets two tries or 20 jumps: Yellow cone turner goes to orange cone, jumper goes to yellow cone, and orange cone turner becomes jumper.</p>
S1.E26 Jumping Rope	<p>Long Rope: Turning</p> <ol style="list-style-type: none"> 1. Jumper faces one turner 2. Countdown & signal 3. Big Circle Overhead 4. Stay in sync 	<ol style="list-style-type: none"> 1. Jumper faces one of the turner in middle, and beside the rope. 2. Turners say "1, 2, 3, go" 3. On "go," turners make a big circle over the head of jumper. 4. Turners must turn the rope in unison.
S1.E26 Jumping Rope	<p>How to Measure a Short Rope:</p> <ol style="list-style-type: none"> 1. Hold handles 1. Stand on the middle 2. Pull up on handles 	<ol style="list-style-type: none"> 1. Hold handle with each hand. 2. Stand on the middle of the rope. 3. Pull up on handles and handles should reach to the armpits.
S1.E26 Jumping Rope	<p>The Forward Swing: Short Rope</p> <ol style="list-style-type: none"> 1. Stand in front of the rope 2. Handles at belly button 3. Handles go out and around 4. Jump 	<ol style="list-style-type: none"> 1. Stand in front of the rope 2. Handles at belly button 3. Handles go out and around. Big circle. 4. Jump (quiet and small)
S1.E26 Jumping Rope	<p>Short Rope:</p> <ol style="list-style-type: none"> 1. Look forward 2. Feet Together 3. Small jumps 4. Knees bent & land on balls of feet 	<ol style="list-style-type: none"> 1. Look forward, not at the floor. 2. Keep feet together. 3. Small, relaxed jumps, not huge or high jumps. 4. Land with bent knees and on balls of the feet. Quiet jumps.

Middle School Level

Standard 1:

Skill/ Standard	Cues	Critical Elements
<p>S1.M2 Throwing</p>	<ol style="list-style-type: none"> 1. Side to target 2. Arm way back 3. Step 4. Follow through 	<ol style="list-style-type: none"> 1. Point non-throwing side/shoulder to the target (i.e., if left handed thrower, point right shoulder/side towards target). 2. Throwing arm way back behind head. 3. Step with your opposite foot towards target (i.e., if throwing with left hand, step towards target with your right foot). 4. Follow through by letting your throwing arm come across the opposite side of your body.
<p>S1.M3 Catching</p>	<p>Catching</p> <ol style="list-style-type: none"> 1. Reach 2. Grab 3. Give 	<ol style="list-style-type: none"> 1. Reach: Reach arm(s) towards ball and watch the ball into han (s). 2. Grab: 2- Hand Low Catch: Pinkies together if ball is below waist. 1-Hand Low Catch: Pinkie toward midline of body. 2-Hand High Catch: Thumbs together if ball is above waist. 1-Hand High Catch: Thumb pointing toward midline of body. 3. Give: Give with ball as ball hits hand(s) to make it a soft catch.
<p>S1.M4 Passing and receiving with feet</p>	<p>Passing with feet</p> <ol style="list-style-type: none"> 1. Plant 2. Putter 3. Push 	<ol style="list-style-type: none"> 1. Plant: Place your non-dominant foot beside the ball. Your weight shifts to this foot. 2. Putter: Turn your kicking foot out, making your foot like a “putter” in golf. Use inside part of the foot. 3. Push: Swing your kicking foot and contact the ball. Point the

		foot where you want the ball to go, also called follow through.
S1.M4 Passing and receiving with feet	Receiving with feet 1. Plant 2. Trap 3. Control	<ol style="list-style-type: none"> 1. Plant the non-kicking foot and transfer weight to this foot. 2. Trap the ball with the instep of the foot and give with the ball to absorb the force. 3. Gain control the ball before passing or dribbling.
S1.M8 Dribbling/Ball Control with hands	Dribbling with hands 1. Eyes up. 2. Use finger pads, 3. Push with Arm and Fingers 4. Waist high or below	<ol style="list-style-type: none"> 1. Keep eyes up to see the court. 2. Use the finger pads, not the palm. 3. Push with arm and fingers. Slow and controlled, not a slapping motion. 4. Keep the ball waist high.
S1.M9 Dribbling/Ball Control with feet	Dribbling with feet 1. Head up 2. Keep It Under Control 3. Inside or outside of foot 4. Soft	<ol style="list-style-type: none"> 1. Look for open spaces and watch for others. 2. Keep the ball close 3. Use the inside or outside of the foot 4. Light touches
S1.M7 Offensive Skills	<ol style="list-style-type: none"> 1. Give 2. Go 	<ol style="list-style-type: none"> 1. Offensive player gives or passes the ball to a teammate. 2. The person who passed the ball, goes to an open spaces to receive the ball back to score or move the ball down the court or field.
S1.M10 Shooting on Goal	Shooting (Soccer) 1. Plant 2. Laces or Insides. No toe 3. Follow Through	<ol style="list-style-type: none"> 1. Plant the kicking foot beside the ball and transfer weight to this foot. 2. Contact ball with shoelaces or inside (no toe) below the middle of the ball 3. Follow through and point foot at target.
S1.M10 Shooting on Goal	Shooting (Basketball) 1. Elbow 2. Extend	<ol style="list-style-type: none"> 1. The shooting arm makes an "L" shape with elbow. 2. The shooting arm extends up

	3. Wave Goodbye	and makes an “I” 3. Then, wave goodbye by snapping wrist down.
S1.M10 Shooting on Goal	Shooting (Hockey) 1. Blade below knee 2. Accuracy 3. Turn wrists over 4. Follow Through	1. Keep blade below knee for safety 2. Work on accuracy before power 3. For close shots, turn your wrists over as you shoot. 4. Follow through to target.
S1.M12 Serving	Volleyball Underhand Serve 1. Pendulum Swing 2. Hold low 3. Hit off of hand	1. Bring serving arm straight back and swing it straight forward - like a pendulum. 2. The non-dominant arm that is holding the ball needs to be below waist level and aligned with striking hand. 3. Hit off your hand. Don't toss the ball.
S1.M12 Serving	Serve with racket (Badminton) 1. Step 2. Drop 3. Swing 4. Follow Through	Serve with racket 1. Step in Opposition 2. Drop Birdie—Waist High 3. Swing Low to High 4. Follow Through After Contact
S1.M14 Forehand and backhand	Forehand with racket 1. Grip: Palm Forward 2. Non-Paddle Shoulder 3. Swing 4. Shift 5. Follow Through	1. Grip: Shake hands with handle and palm facing net.. 2. Stance with Non-Paddle Shoulder to Target 3. Swing - Paddle Starts at Waist 4. Transfer Weight from Back to Front Foot 5. Follow Through to Target
S1.M14 Forehand and backhand	Backhand 1. Grip: Back of Hand 2. Paddle Shoulder 3. Swing 4. Shift 5. Follow Through	1. Grip: Shake hands with handle and back of hand facing net.. 2. Stance with Paddle Shoulder to Target 3. Swing - Paddle Starts at Waist 4. Transfer Weight from Back to Front Foot 5. Follow Through to Target

<p>S1.M17 Two-handed volley</p>	<p>Forearm Pass (Volleyball)</p> <ol style="list-style-type: none"> 1. Stance 2. Move 3. Hand Sandwich 4. Bend, stand, and shoulder shrug 	<ol style="list-style-type: none"> 1. Stance: Toe straight ahead, feet shoulder width apart bent knees and face target. 2. Move feet to get under ball with opposite foot forward. 3. One hand on top of the other (palm up) and fold thumbs in 4. Elbows locked making flat surface with forearms. 5. Bent knees stand up and shrug the shoulders to lift the ball.
<p>S1.M17 Two-handed volley</p>	<p>Overhead Pass (Volleyball)</p> <ol style="list-style-type: none"> 1. Stance 2. Move 3. Diamond 4. Contact & Push Up 5. Extend Arms 	<ol style="list-style-type: none"> 1. Stance: Toe straight ahead, feet shoulder width apart, bent knees and face target. 2. Move feet to get under ball with opposite foot forward.. 3. Arms overhead, point elbow out, make shape of diamond. 4. Make contact and push up by straightening legs and elbows. 5. Extend arms and wrists towards target.
<p>S1.M18 Underhand Throw</p>	<p>Bowling: 4 Step Approach</p> <ol style="list-style-type: none"> 1. Step 2. Step 3. Swing 4. Roll 5. Follow Through 	<ol style="list-style-type: none"> 1. Step forward with the foot that is on the same side as the hand holding the bowling ball. 2. Continuing holding the ball in front of you as you take your second step. Use a normal stride. 3. On the 3rd step, the rolling arm comes straight down at your side and back. 4. On the 4th step, squat down as you bring your rolling arm forward to release the ball on the ground. 5. After releasing the ball, your palm should be up as your arm continues in an arc and in line with pins.
<p>S1.M19 Striking</p>	<p>Golf Grip:</p> <ol style="list-style-type: none"> 1. V Grip 2. Shake Hands 3. Dominant Hand Lower 	<ol style="list-style-type: none"> 1. Hold one hand straight ahead like a stop sign. Trace the V formed by your first finger and thumb.

	<p>4. 10 Finger</p>	<ol style="list-style-type: none"> 2. Shake hands with the golf club with your non-favorite hand. Turn your hand slightly back so you can see 3 knuckles and the V points to your back shoulder. 3. Place your favorite hand lower on the golf club, covering your non-favorite thumb. The V points towards your back shoulder. 4. This grip is a 10 finger, or a baseball grip which is easy for beginners and people with smaller hands.
S1.M19 Striking	<p>Golf Putt:</p> <ol style="list-style-type: none"> 1. Putter Square 2. Feet Apart & Shoulders Square 3. Ball Centered 4. Pendulum Swing 	<ol style="list-style-type: none"> 1. Putter face is square to target 2. Feet shoulder width apart with eyes over the ball. Shoulders are square and parallel to target line. Hands and arms hang comfortably under shoulders. 3. Ball placed at center of stance. 4. Contact ball using an even pendulum swing
S1.M19 Striking	<p>Golf Swing:</p> <ol style="list-style-type: none"> 1. Side to target 2. Shoulder turn and arms reach back. 3. Turn shoulders and reach forward 4. Swing 5. Head Steady 	<ol style="list-style-type: none"> 1. Side to target. 2. Turn front shoulder behind the ball and arms reach back. 3. Turn back shoulder past the ball and reach forward. 4. Swing smoothly.Ferris wheel swing. 5. Head steady.
S1.M20 Striking	<p>Batting</p> <ol style="list-style-type: none"> 1. Hands close together 2. Knees Bent, Elbow Up 3. Swing Level, Squash the Bug 4. Break the Wrists 	<ol style="list-style-type: none"> 1. Grip the bat so the hands are close together and your favorite hand is on top. 2. Stand with knees bent and your side to the pitcher, and put your back elbow up, like stretching when you yawn. 3. Swing the bat nice and level (pretend you are clearing the top of a table), while "squashing the bug" with the back foot. 4. Break the wrists (top hand comes over the top of the other hand) on contact of the ball.

