

Striking Study Guide

Pickleball (racquet)

Skill Cues:

Ready position

Feet shoulder-width apart, bend knees and keep your head up and weight evenly distributed on both feet.



Forehand

- Handshake grip on paddle
- Opposite shoulder towards target
- Step forward with opposite foot
- Keep eye on the ball especially at contact

Backhand

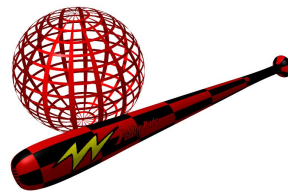
- Step forward with paddle side foot
- Paddle side shoulder faces target
- Keep eye on the ball especially at contact

Badminton

The object you hit in badminton is called a “birdie” or “shuttlecock”

Skill Cues:

Same as pickleball regarding the forehand and backhand strokes. Grip racket more loose and hit with more wrist flick.



Batting

Skill Cues:

Grip

- Hold bat firmly, with your hands together near the end of bat. Dominant hand on top.

Stance

- Stand with your feet shoulder-width apart and your knees slightly. Turn so your “bellybutton” is facing home plate and non dominant shoulder is facing pitcher.

Swing

- Keep your eye on the ball. Step into the ball (towards pitcher), shifting your weight from back foot to front foot, Swing with a smooth, continuous motion with bat parallel to the ground