

# 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.

## Batting

### Skill Cues:

#### Grip

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

#### Stance

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



