

Manipulative Skill: Striking With Bat

Rating	Body	Space	Effort	Relationship
Advanced	Consistent mature performance (as described in the box below)	Can strike to any direction or level with consistency.	Can generate appropriate force for distance.	Can strike to specific base area for strategic purposes.
Proficient	<p>Preparation</p> <ul style="list-style-type: none"> • Uses dominant hand on top of grip. • Prepares bat over back shoulder and behind ear. • Front elbow is level with shoulder. • Uses side-to-side stance. • Side points toward pitcher or tee. • Weight is on back foot. • Keeps eye on ball. <p>Execution</p> <ul style="list-style-type: none"> • Swing is level. • Shifts weight forward during swing. <p>Follow-through</p> <ul style="list-style-type: none"> • Follows through across body. 	Can strike with some consistency to specific direction and at specific level.	Can generate some force.	Can strike to specific base area on occasion.
Developing	<p>Preparation</p> <ul style="list-style-type: none"> • Uses dominant hand on top of grip. • Prepares bat over back shoulder and behind ear. • Uses side-to-side stance. • Side points toward pitcher or tee. • Weight distribution is not consistently on back foot. <p>Execution</p> <ul style="list-style-type: none"> • Swing is level with some consistency. • Shifts weight forward during swing on occasion. <p>Follow-through</p> <ul style="list-style-type: none"> • Follows through across body on occasion. 	Direction of strike is unpredictable.	Generates little force.	Cannot strike in relationship to bases or players on base.
Beginning	<p>Preparation</p> <ul style="list-style-type: none"> • Either hand is placed on top. • Holds bat in front of shoulder. • Stance has chest toward tee. <p>Execution</p> <ul style="list-style-type: none"> • Swing is not level; goes either high to low or low to high. <p>Follow-through</p> <ul style="list-style-type: none"> • No follow-through is used. 	Direction of strike is unpredictable.	Generates little force.	Exhibits no relationship awareness.