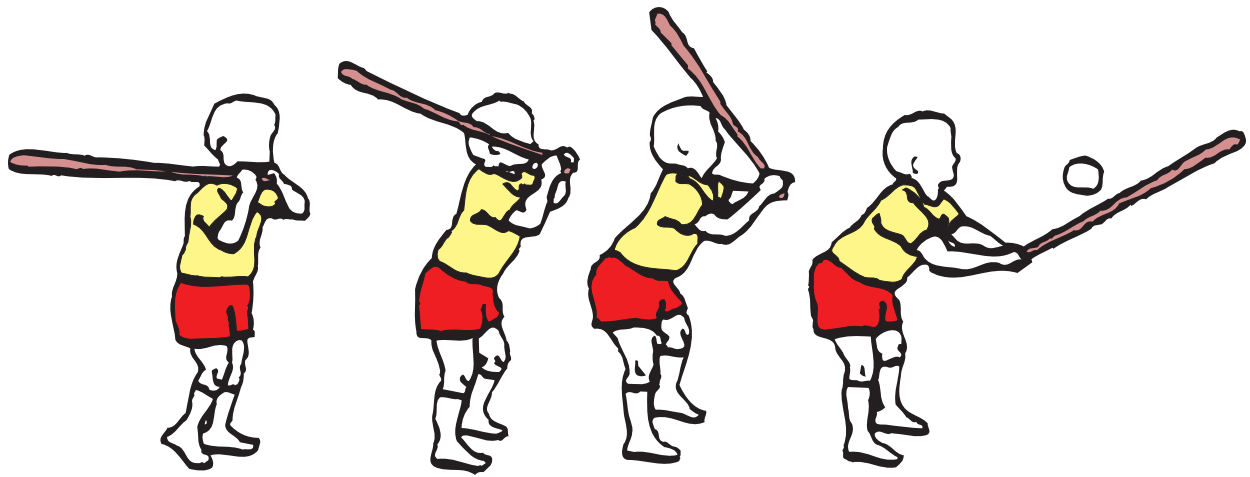
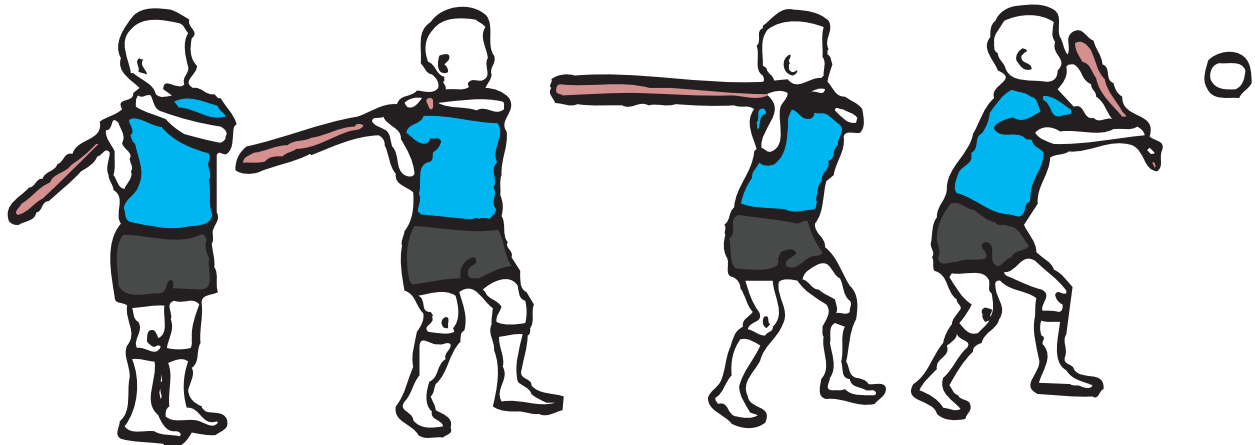


I. Striking	
A Initial stage	<ol style="list-style-type: none"> 1. Motion is from back to front 2. Feet are stationary 3. Trunk faces direction of tossed ball 4. Elbow(s) fully flexed 5. No trunk rotation 6. Force comes from extension of flexed joints in a downward plane
B Elementary stage	<ol style="list-style-type: none"> 1. Trunk turned to side in anticipation of tossed ball 2. Weight shifts to forward foot prior to ball contact 3. Combined trunk and hip rotation 4. Elbow(s) flexed at less acute angle 5. Force comes from extension of flexed joints; trunk rotation and forward movement are in an oblique plane
C Mature stage	<ol style="list-style-type: none"> 1. Trunk turns to side in anticipation of tossed ball 2. Weight shifts to back foot 3. Hips rotate 4. Transfer of weight is in a contralateral pattern 5. Weight shift to forward foot occurs while object is still moving backward 6. Striking occurs in a long, full arc in a horizontal pattern 7. Weight shifts to forward foot at contact
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Failure to focus on and track the ball B. Improper grip C. Failure to turn side of the body in direction of intended flight D. Inability to sequence movements in rapid succession in a coordinated manner E. Poor backswing F. "Chopping" swing 	

Initial



Elementary



Mature

