Figure 8.4 Softball Swing Reciprocal Task Sheet

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Partner’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

With your partner, get 10 balls, a baseball bat, and one tee (or do self-toss). One partner (the batter) hits the ball with the bat, trying to hit line drives. The other partner (the coach) gives feedback as follows:

* Remember, start with something your partner is doing right.
* Feedback might sound like this: “I like the way you’re keeping your eye on the ball, but make sure to step with your front foot only 3 to 6 inches [8-15 cm]—you’re stepping, like, 2 feet [60 cm].”
* Keep track of your partner’s performance on the following cues. Mark at least two cues on each swing.

|  |  |  |
| --- | --- | --- |
| **Cue** | **Yes** | **No** |
| Stance—sideways to target, feet slightly wider than shoulders, weight on balls of feet. |  |  |
| Back hand on top, front shoulder slightly lower than back shoulder. |  |  |
| Step 3 to 6 inches (8-15 cm) toward pitcher or target before starting swing. |  |  |
| Start with chin on front shoulder; swing to chin on back shoulder. |  |  |
| Hips rotate to face pitcher or target. |  |  |
| Follow through—top hand rolls over bottom hand. |  |  |

