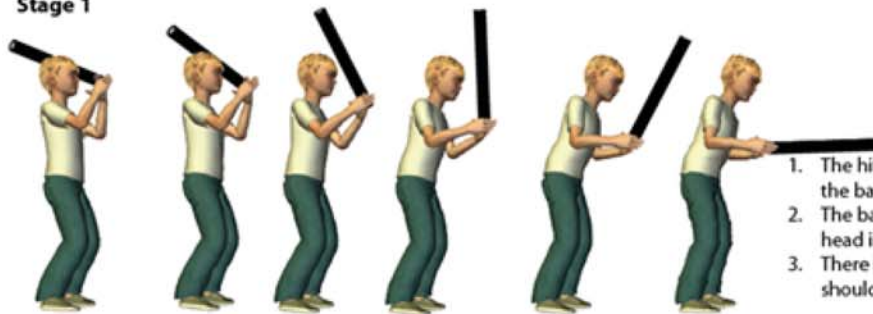


Stage 1



Key Points at Each Stage

1. The hitter faces the direction the ball is coming from
2. The bat comes over the head in the vertical plane
3. There is little or no body action - shoulders and elbows only

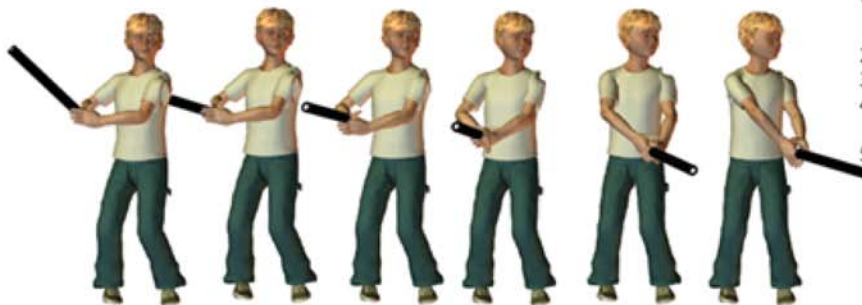
To Move to the Next Stage

1. Stand sideways to the ball
2. Take the bat back in preparation for the swing
3. Use the shoulders, elbows, and wrist, and keep the bat parallel to the ground
4. Keep the eye on the ball as it approaches

Cue Words

- Sideways to ball
- Backswing

Stage 2



1. The striker stands sideways to the ball
2. There is some backswing
3. The bat is parallel to the ground
4. There is little use of rotation in the trunk or hips
5. There is no shift of body weight

1. There is a full backswing, with the bat "up and back"
2. The trunk and hips rotate back for a longer backswing
3. Use the hips, then the trunk, then the arms to generate power
4. Shift the weight forward during force production

- "Up and back"
- Use hips and trunk
- Shift weight

Stage 3



1. There is a clear backswing in the preparation phase
2. The bat is taken "up and back" with a rotation of the trunk
3. During force production, the hips, trunk, shoulders, elbows, and wrists are used in sequence
4. The weight shifts from the back foot to the front foot during force production
5. There is good follow-through

Participants with a Disability

Locomotor

For wheelchair users, position the wheelchair at 45 degrees to the approaching ball so that their backswing won't hit the frame of the chair. Use a soft ball, as the hitter can't get out the way.

Sensory

Practise with participants "sweeping" the bat on the surface of the floor while trying to hit a noise-making ball rolled toward them.

Intellectual

For individuals with an intellectual disability, keep instructions brief and simple. Demonstrate rather than explain, and review instructions frequently.