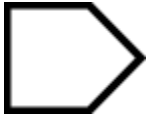


Name:

Period:

GRIP:



1 pt

- ☐ dominant hand on top
- ☐ hands together, knuckles aligned
- ☐ at or near end of bat

STANCE:



1 pt

- ☐ feet shoulder width apart (minimally)
- ☐ knees bent
- ☐ hands back – near ear / back shoulder
- ☐ rear elbow up
- ☐ weight slightly back

PRELOAD:



1 pt

- ☐ weight on back foot
- ☐ front foot slightly in air

SWING:



1 pt

- ☐ stride with front foot – 1 step straight forward
- ☐ keep weight slightly back
- ☐ rotate hips – “squash the bug” with back foot
- ☐ arms extended – both hands on bat
- ☐ follow through contact, back foot stays grounded

____/4