1 Striking
   w/ Rackets, Paddles & Long-Handled Implements
   Manipulative Skills

2 Striking w/ Rackets & Paddles
   ► When striking with a racket or a paddle children must be able to:
     1. Accurately toss/drop the object to hit,
     2. visually track the object while traveling, &
     3. strike the object at the right moment.
     * Children must be put all of these movements together to be successful.

3 Striking
   ► Striking is complex & generally one of the last skills a child develops.
     • should be taught after children have practiced striking with body parts (i.e., dribbling, volleying, etc)
   ► The basic action in all striking patterns is the same – giving impetus to an object with a hit, punch, or tap.

4 Striking w/ Long-Handled Implements
   ► Long-Handled Implements (bats, hockey sticks, golf clubs, etc) are swung in horizontal or vertical planes.
     • A sidearm (horizontal) swing pattern is used when swinging a bat.
     • An underhand (vertical) swing pattern is used when swinging a hockey stick or golf club.
   ► Difficulty in striking w/ a long-handled implement is directly proportionate to the length of the implement.