# ¹ ■ Striking

## w/ Rackets, Paddles & Long-Handled Implements

Manipulative Skills

#### <sup>2</sup> 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.

## <sup>3</sup> ☐ 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.

#### <sup>4</sup> 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.