



## Essentials of Movement & Hitting: Note Guide

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✂ First Key: *Movement Comes From The Middle*



## Essentials of Movement & Hitting: Note Guide

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✂ Second Key: *Using The Ground*



## Essentials of Movement & Hitting: Note Guide

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✂ Third Key: *Using The Brakes*

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# Essentials of Movement & Hitting: Note Guide

✂ Fourth Key: *Learning To Strike*

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## Essentials of Movement & Hitting: Note Guide

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✂ Sixth Key: *Teaching New Skills*

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## Essentials of Movement & Hitting: Note Guide

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✂ Seventh Key: *Coaching Tools (Cues & Constraints)*

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## Essentials of Movement & Hitting: Note Guide

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✂ Eighth Key: *Do No Harm – Understanding Your Role*

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