

As they become more skilful  
**Manipulative**

# Striking an Object with Hands or Bat

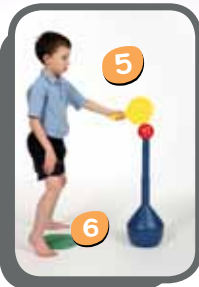
1 Place the ball on a striking tee



2 Stand sideways-on, feet shoulder-width apart, weight on back foot



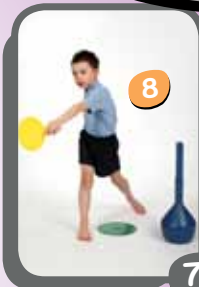
3 Keep the eyes on the ball and head still



4 Place the hand or bat in contact with the tee and swing backwards



5 If using a bat, 'shake hands' with the bat to grip the handle



6 Step forwards onto front foot

8 Swing the bat horizontally at waist height at the ball and follow through across/around the body

7 Hips and shoulders rotate to the front

Striking involves making contact with a stationary or moving object with the aim of propelling that object towards a desired target or area. Striking requires good hand-eye coordination to track an incoming object and strike in one action. A strike could be one- or two-handed and may be made with hand(s) or an implement. Striking is involved in many major games, e.g. cricket, baseball, tennis, golf, volleyball and hockey.

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Can you see...?

- the child standing side-on to the ball?
- the child hitting the middle of the ball?
- the child rotating at the hips?
- the child showing a backswing?
- the child rocking backwards and then forwards?
- the child striking the ball in a horizontal pattern?
- the child striking the ball with arms straight?
- the child following through?