

Backswing and Step

1. STANCE & BAT TAP

- WRISTS AND ARMS ONLY
- TOP HAND CONTROL
- BAT HANDLE CLOSE TO BODY, IN LINE WITH & UNDERNEATH SHOULDERS

stance



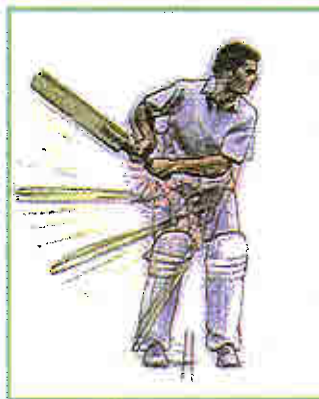
bat tap



2. BACKSWING

- FRONT SHOULDER ROLL
- FIGURE "9"
- BAT HANDLE CLOSE TO BODY, IN LINE WITH & UNDERNEATH SHOULDERS
- HANDS CLOSE TO BACK HIP

backswing



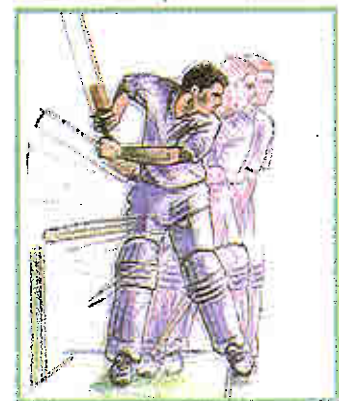
3. BACKSWING & STEP

- CO-ORDINATED MOVEMENT
- COMFORTABLE STRIDE
- SMOOTH MOVEMENT OF HEAD TOWARDS LINE OF THE BALL

backswing
& step forward



backswing
& step back



4. LINK TO APPROPRIATE FORWARD OR BACK STROKE

- WEIGHT TRANSFERRED TO APPROPRIATE LEG