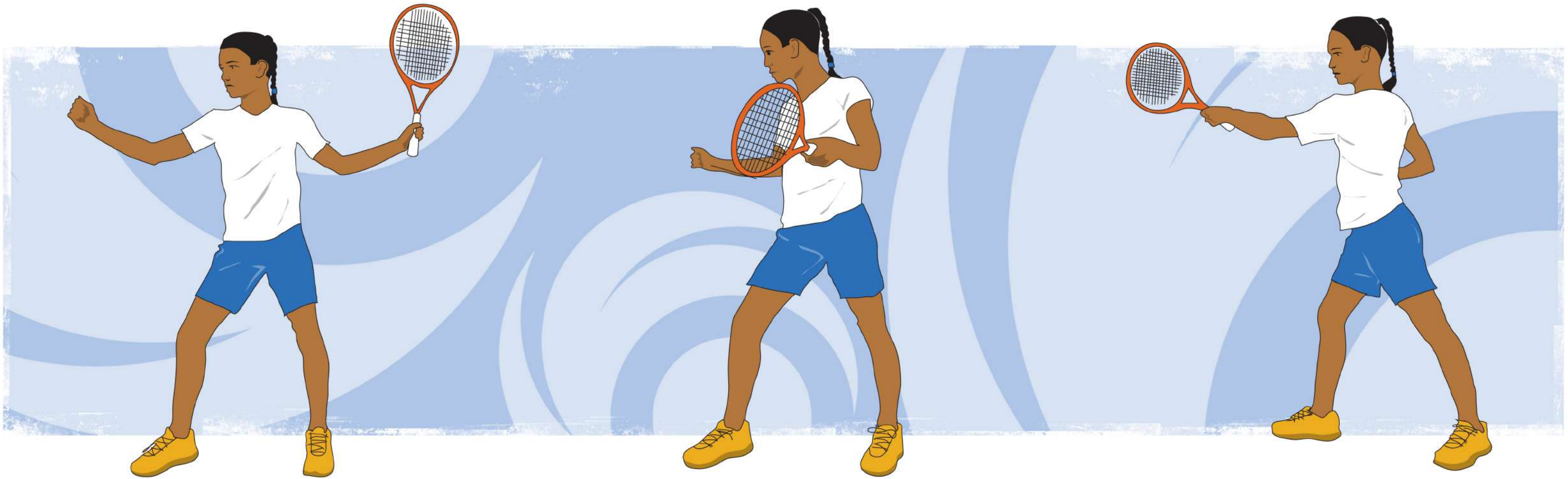


Application of force to a moving or stationary object using a racquet with the intention of projecting the object in a forwards direction.



- Grip the racquet
- Focus eyes on the object
- Assume a ready position with the knees slightly bent and the body turned sideways
- Swing the racquet backwards
- Transfer body weight slightly to the back leg
- Maintain focus on the object
- Swing the racquet forwards to strike the object with complete arm extension
- Transfer body weight to the front leg with trunk rotation
- Follow through around the body with the racquet in the intended direction of the object

## I can also...

- play badminton
- play tennis
- play squash

## Self Check Questions:

- Do I move my feet to get into position before getting ready to strike?
- Do I maximize force by swinging the racquet backwards before striking the object?
- Can I anticipate when to strike a moving object?