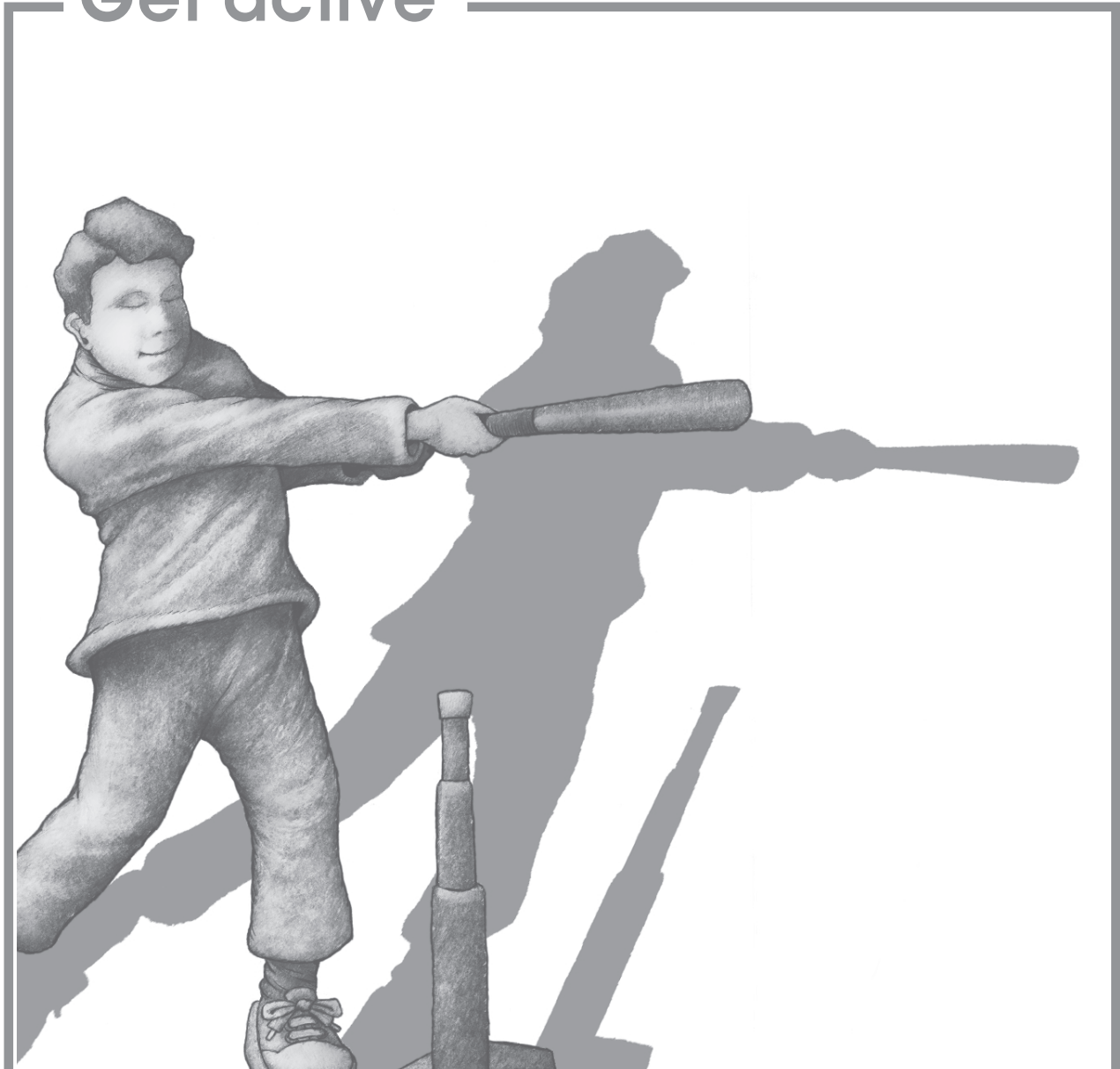


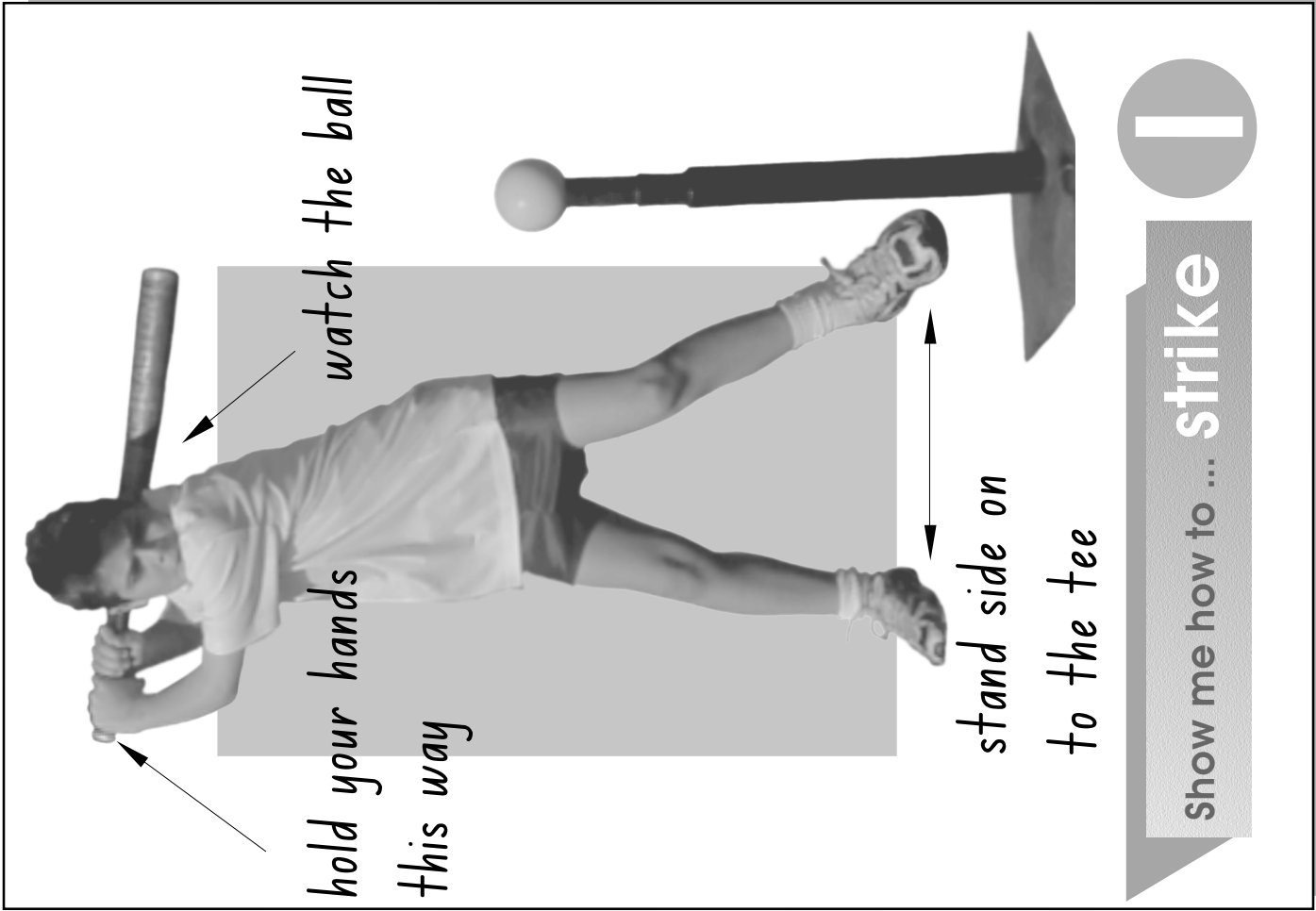


# Get active



## 11. Two handed strike

**For the supervisor and the student**



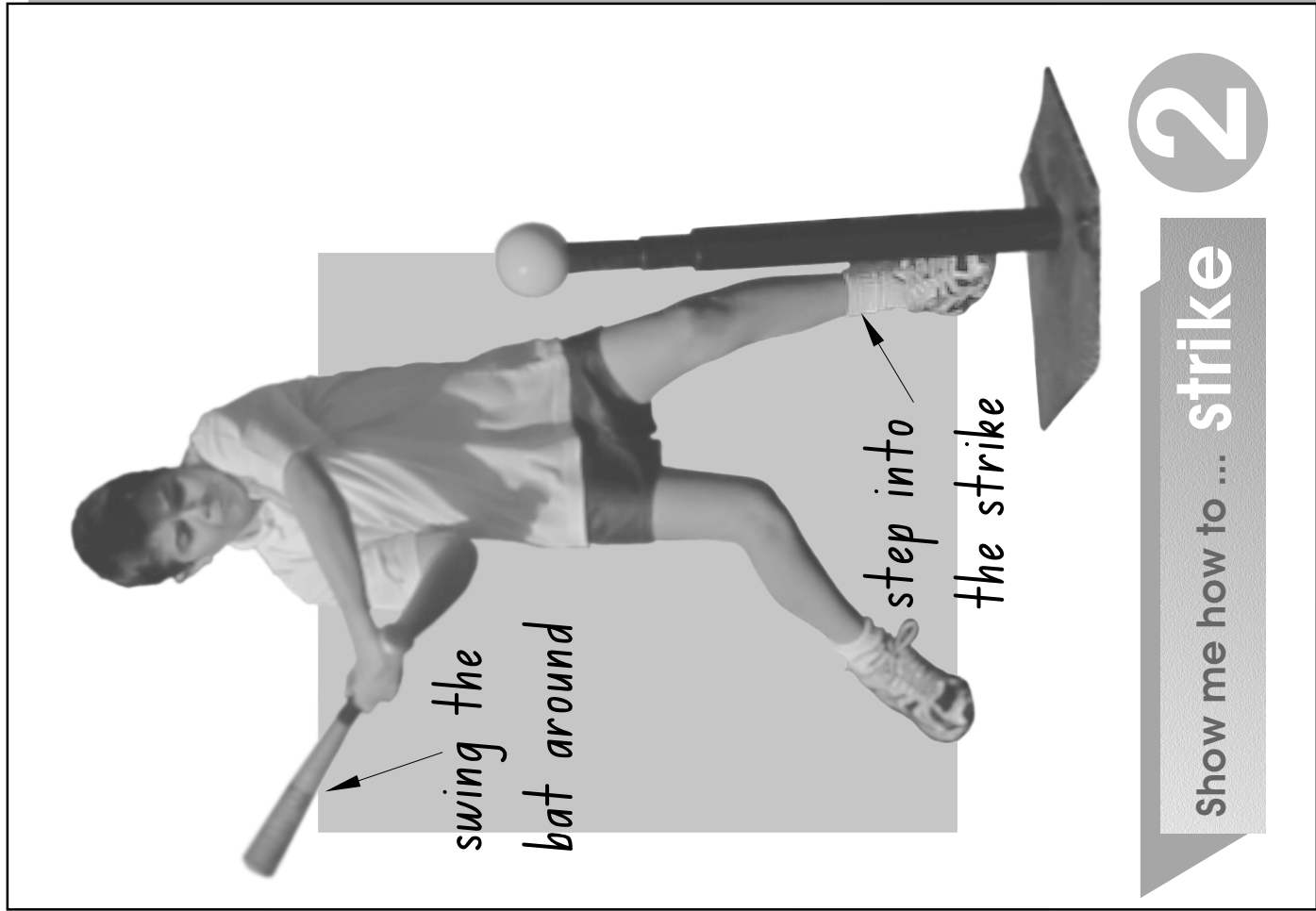
hold your hands  
this way

watch the ball

stand side on  
to the tee

Show me how to ... **strike**

1



swing the  
bat around

step into  
the strike

Show me how to ... **strike**

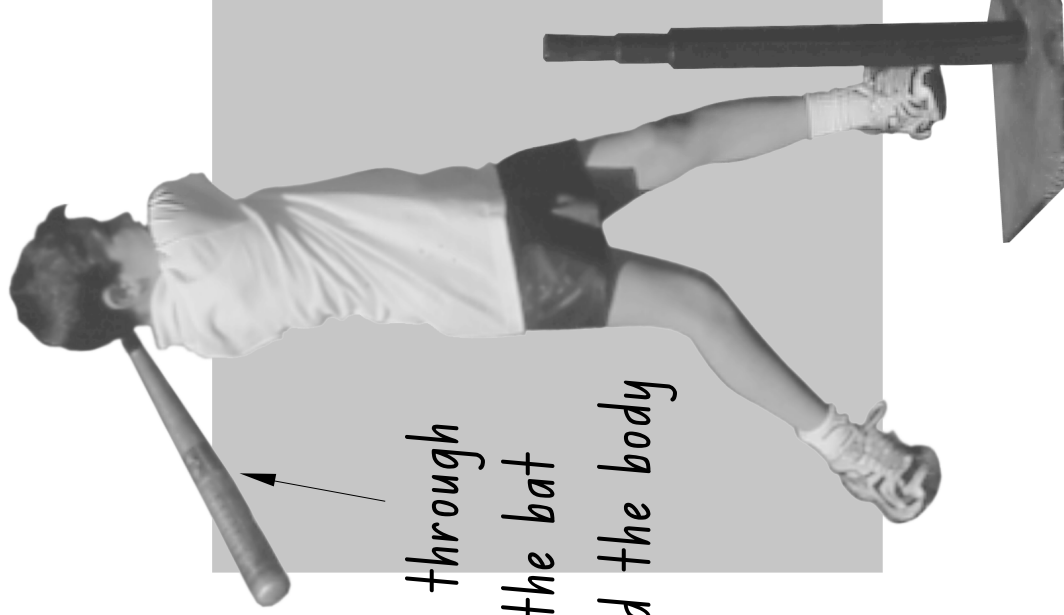
2



*strike the ball with  
straight hands*

**3**

**Show me how to ... strike**



*follow through  
with the bat  
around the body*

**4**

**Show me how to ... strike**