

# POSITION - CONDITION - TRADITION

## HITTING

Lift- Load  
Trigger- Guide  
Unload- Power  
Whip- Finish  
Right Step



## INFIELDERS CUES

Attack  
Breakdown  
Square  
Quick Release  
Follow Through



## SPEED DRIVE MECHANICS

Jog- Right Leg Drive Up  
Fast Feet Box/Hurdle  
4 Hurdle Box Jump  
Right Leg- Step Over Drive Down  
Base- Parachute



## OUTFIELD CUES

Drop  
5 Fast Step  
Square  
Shuffle  
Crow Hop



## ARM MECHANICS

Arm Circles  
Shoulder Roll  
One Arm Pipe  
Pumps/Flaps  
Marble Roll  
Ski Pumps



## CATCHER CUES

Balance - Form  
Frame- Catch  
Split  
Explode  
Through Chute

