

Striking a stationary ball is a manipulative skill that involves applying a pushing force with a bat to propel an object into the air.

The child's preferred hand grips the bat above the non-preferred hand.

The non-preferred hip and shoulder faces straight ahead. The hip and shoulder rotate and de-rotate during swing.

The child steps with the non-preferred foot then hits the ball, sending it straight ahead.

Some common errors that children experience with striking a stationary ball include: a lack of step and lack of rotation of the hips and shoulders, the bat pointing towards the target are during follow-through rather than wrapping around the body, and the child taking their eyes off the ball or missing the ball when attempting to hit it.

Some corrections and verbal cues to address these common errors could include: instructing children to swing their body and step forward, swing the bat, hit and follow-through, and encouraging children to keep their eyes on the ball, or use a larger ball for a bigger target.

As children master the striking of a stationary ball, they can practice striking a self-bounced ball.