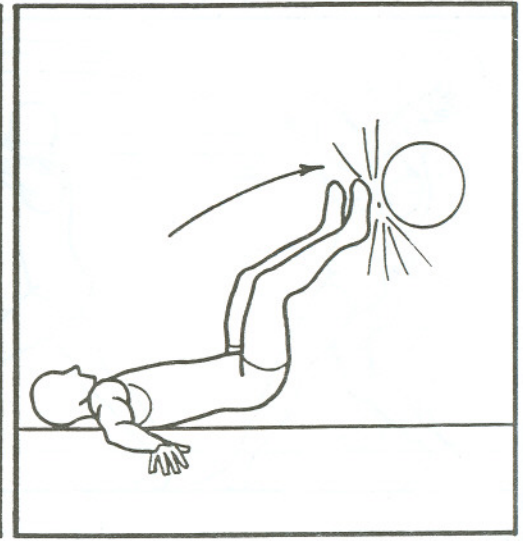
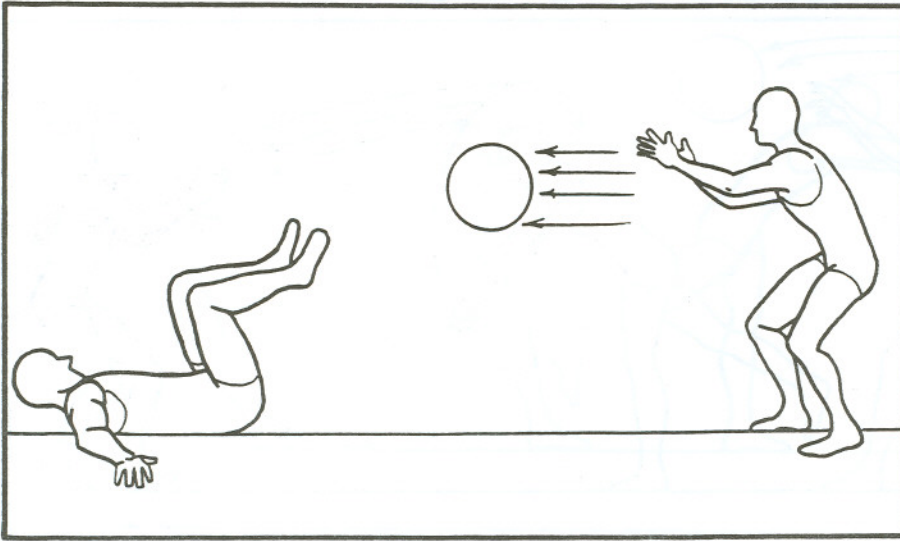


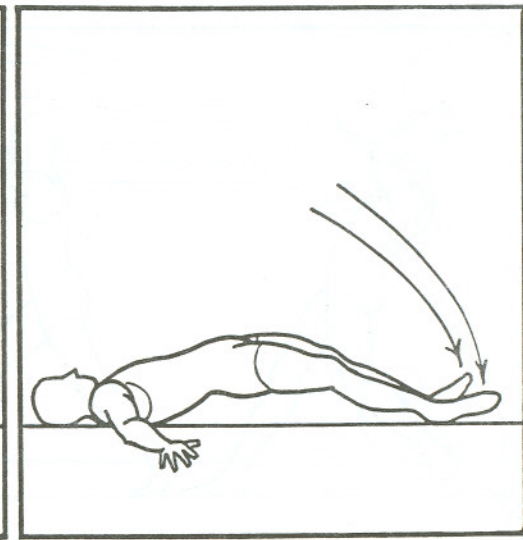
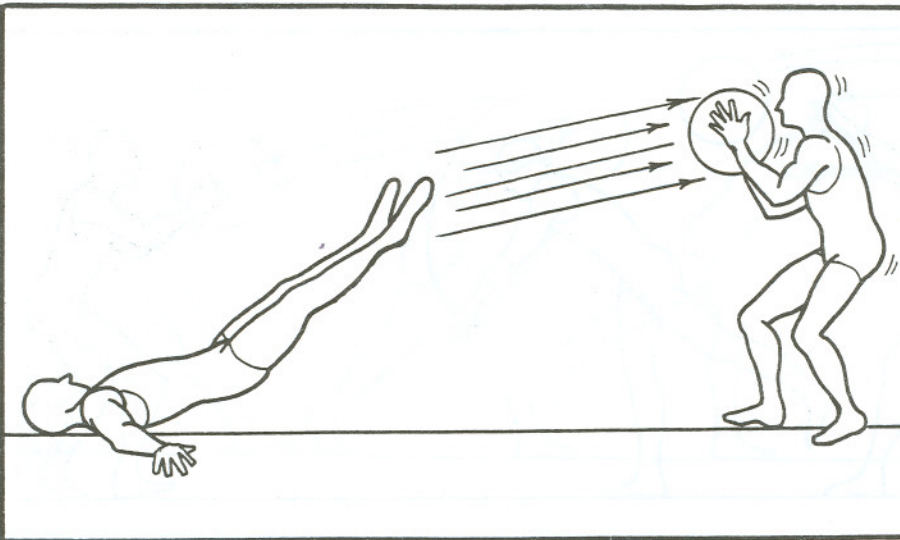
Mule Kicks



The catcher initiates the action...

...kicker anticipates contact with the ball...

...and punches the ball explosively...



Feel active sequentially in the ankles, knees, and hips...

...follow-through with the hips and spine at ball contact...

...the heels will touch before the hips at finish...

Do: Catcher should deliver the ball to the kicker at an angle on line with the feet and hips, with no arch.

Don't: Leave your spine and hips out of the kick.