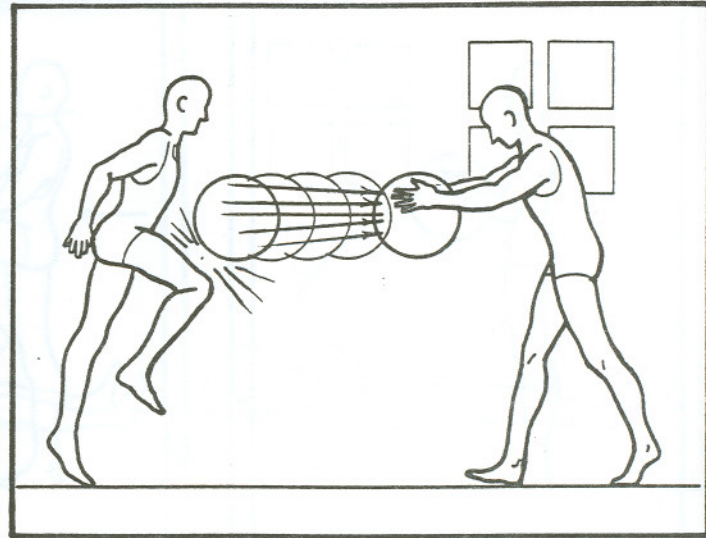
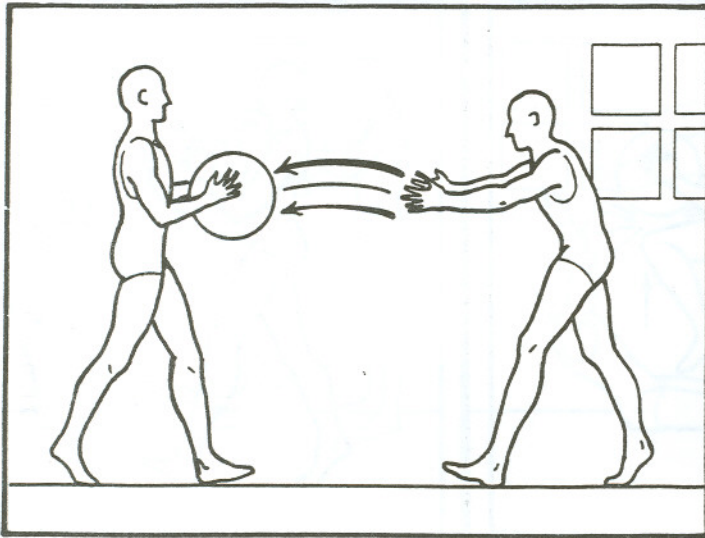


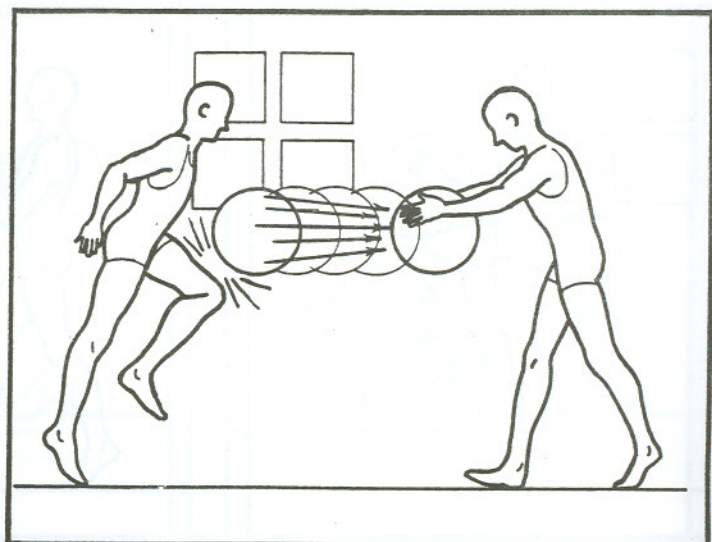
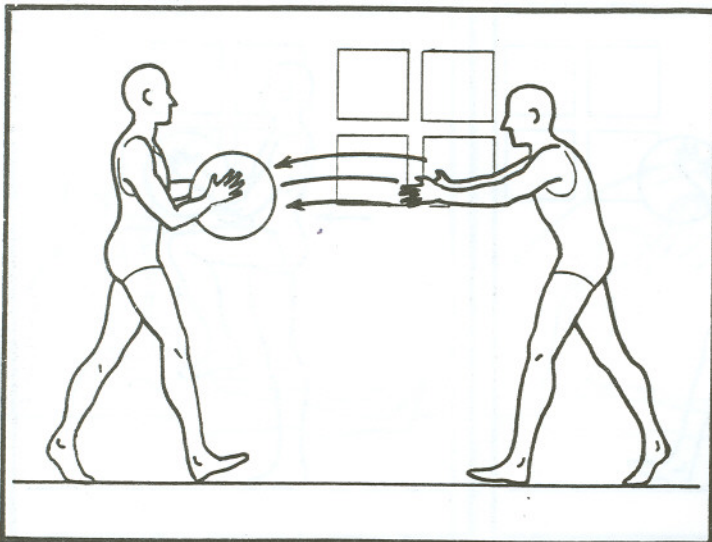
# Thigh Punch



Catcher's toss initiates the action...

...partner walks or jogs forward maintaining posture...

...catcher walks or jogs backwards in rhythm with punch...



To punch, hold the ball at arms length, lower and meet the ball...

...punch the ball forward with the lower thigh...

...keep a acceleration/sprinter's posture with each punch...

**Do:** Perform Thigh Punch unilaterally or alternating; use a three step pattern to establish an alternating locomotion rhythm. Use the catcher's chest as your target. Relax your shoulders.

**Don't:** Stoop over.