

TECHNICAL B Pg.2 U12 GRADE

COMMENTS: (Judge to tick appropriate boxes)

POSTURE:

Body not erect

Posture unsteady

Shoulders not level and square to front

Hesitation not completed

HANDS:

Incorrect grip (fingers/thumbs)

Incorrect alignment (up/down/hooks/twisting)

Incorrect position at side

Not steady

ARMSWING OUT:

Incorrect action/timing

Incorrect direction

Incorrect height

PAUSES:

Incorrect timing

Any part of the body moving

ARMSWING:

Incorrect action/timing

Incorrect direction

Height not uniform, as per drill details

Timing not uniform

Arms not naturally straight

ARMDROP:

Incorrect action/timing

Incorrect direction

Incorrect height

HEAD TURN:

Incorrect action

Incorrect timing

Incorrect position (when turned)

POSTURE

E = Erect
 Sh = Shoulders
 St = Steady
 Hes = Hesitations

HANDS

G = Grip
 Al = Alignment
 Pos = Position
 St = Steady

HEAD TURN

A = Action
 T = Timing
 Pos = Position

ARMSWING

A = Action
 T = Timing
 D = Direction
 H = Height

ARMDROP

A = Action
 T = Timing
 D = Direction
 H = Height

ARMSWING OUT

A = Action
 T = Timing
 D = Direction
 H = Height