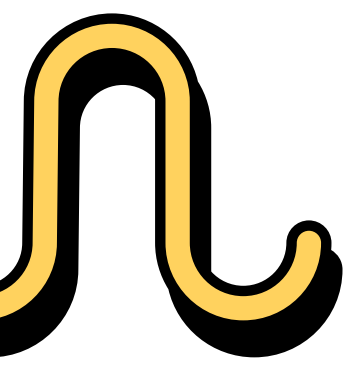


DESTINATION MOVEMENT



TEACH A NEW MOVEMENT/SPORT SKILL IN 3 SIMPLE STEPS!



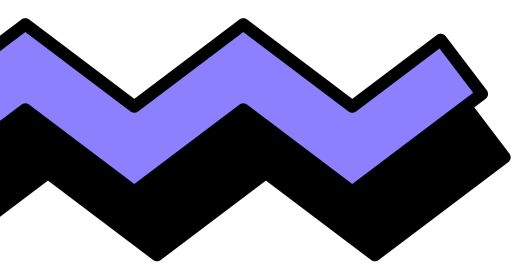
STEP 1: GET READY! (INITIAL POSITION)

- HOW DO YOU POSITION YOURSELF TO START THE MOVEMENT?
- LOOK: AT YOUR FEET, ARMS, HEAD, AND OVERALL BODY POSITION.
- THINK: ARE YOU READY TO MOVE WITH POWER AND CONTROL?



STEP 2: MOVE! (MOVEMENT SEQUENCE)

- WHAT DOES YOUR BODY DO STEP-BY-STEP TO PERFORM THE MOVEMENT?
- FEEL: THE ORDER IN WHICH YOUR BODY PARTS MOVE.
- DO: EACH ACTION, ONE AFTER ANOTHER, TO COMPLETE THE SKILL.



STEP 3: FINISH STRONG! (MOVEMENT COMPLETION / "FOLLOW THROUGH")

- HOW DOES YOUR BODY FINISH THE MOVEMENT?
- OBSERVE: WHERE YOUR ARMS, LEGS, AND THE REST OF YOUR BODY END UP.
- MAINTAIN: TOTAL CONTROL UNTIL THE VERY END.

