

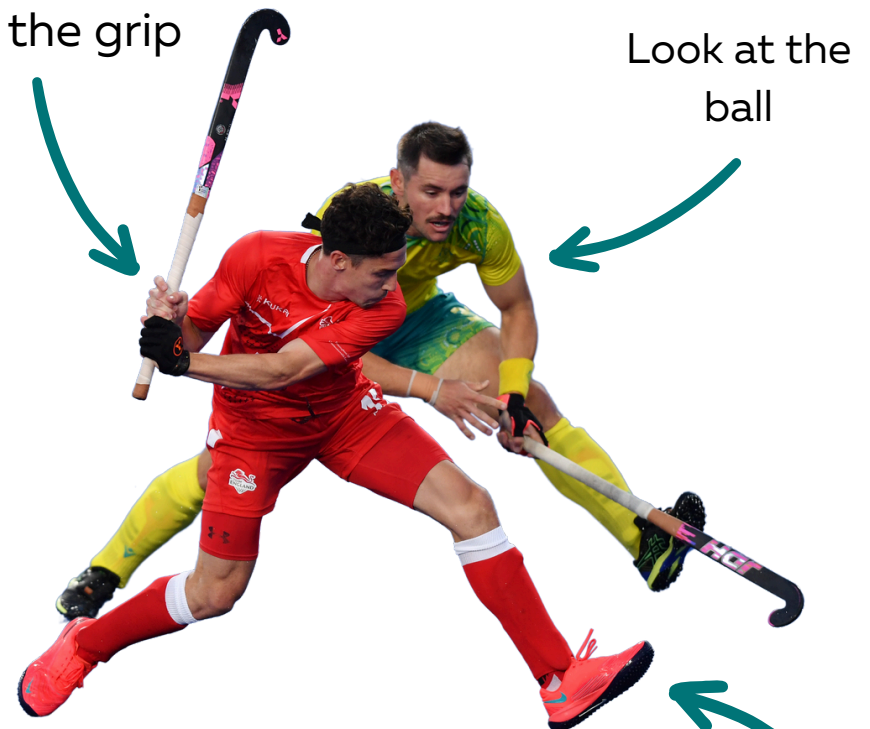
STRIKING SKILLS: HOCKEY STRIKE



Check your form!

Hands together
on the grip

Look at the
ball



Step up next
to the ball

Toes pointing
where you want
the ball to go

Jeremy Hayward in action against England at the Birmingham 2022 Commonwealth Games, representing Australia's men's hockey team, The Kookaburras.

STRIKING SKILLS: BADMINTON SMASH



Check your form!

Look at the
ball

Swing
racquet
above head



Jump to hit
high
shuttlecock

Nathan Tang unleashes a powerful smash during badminton competition at the Birmingham 2022 Commonwealth Games.



STRIKING SKILLS: TABLE TENNIS FOREHAND



Check your form!

Look at the ball

Balance with other arm

Preferred hand grips the bat



Jian Fang Lay at her sixth Commonwealth Games in Birmingham 2022, where she claimed her eighth medal, a bronze in the women's team event.

STRIKING SKILLS: SQUASH BACK HAND



Check your form!

Look at the ball

Swing arm across body

Jess Turnbull in action for Australia at the Birmingham 2022 Commonwealth Games, rocking her iconic green and gold hairdo on the squash court.

Step with the same foot as your racquet hand, crossing your body



STRIKING SKILLS: CRICKET HIT

Check your form!

Australian cricketer in action at the Birmingham 2022 Commonwealth Games, as women's T20 cricket made its historic debut.

