**Basic Movement Pattern Cues: Quick Glance**

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| **BMP** | **Beginner (Body)** | **Intermediate (Space)** | **Advanced (Force)** |
| **Sending** | Body alignment  (base of support)  Center of gravity  Visual contact  Point of release/contact  Limbs in opposition | Weight transfer  Pre-stretch/wind-up  Range of motion  Length of pre-stretch and follow through | Clearing hips  Motion/movement adjustment because of velocity  Action of non-throwing or striking arm |
| **Receiving** | Visual Tracking  Target presented  Absorption  Control | Range of absorption  Hand-eye coordination  Flight pathway interception point  Direction of body alignment (base of support) | Setting up for next move  Velocity of motion  Center of gravity |
| **Accompanying** | Control  Visual contact  Balance  Absorption | Visual field  Protection of game object  Velocity (coordination of body and game object) | Adjustment to external variables  Pattern variation  Misdirection/faking |
| **Evading** | Balance maintained by upper body  Visual contact  Coordination  Center of gravity  Distribution of body weight | Change of direction  (initiated by foot plant)  Push off  Anticipation | Faking  Reaction time  Peripheral vision  Kinesthetic awareness |
| **Locomotion** | Foot strike patterns  Limbs in opposition  Direction of body alignment  Center of gravity | Propulsion  Change of direction  Methods of locomotion  (developmental movement patterns)  Generating velocity | All body parts  Controlling velocity  Combination of movement patterns |
| **Landings** | Base of support  Center of gravity | Absorption of body force/force vectors  Body alignment (base of support)  Pre-stretch (preparation for spring) | Altering base of support  Visual imagery  Isometric connection |
| **Statics** | Center of gravity in relation to base of support  Coordination  Spatial awareness  Directional forces/force vectors | Kinesthetic awareness  (especially in inversion)  Mental preparation  Concentration | Altering base of support  Visual imagery  Isometric contraction |
| **Swings** | Directional forces/force vectors  Center of gravity  Body Control  Spatial Awareness | Pathways  Generating velocity | Controlling velocity  Adjusting or controlling directional forces/force vectors |
| **Rotations** | Center of gravity  Limbs in motion  Maintaining equilibrium | Directional forces/force vectors  Approach velocity | Summation of forces  Various axes |
| **Springs** | Body alignment  Center of gravity  Pre-Stretch  Release | Coordinating limb movement to generate force  Range of motion  Generating velocity  Controlling directional forces/force vectors | Efficiently changing from one force vector to another  Controlling velocity  Optimal angles  Influence of body parts to change momentum within a force vector |