**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 gravityVisual contactPoint of release/contactLimbs in opposition | Weight transferPre-stretch/wind-upRange of motionLength of pre-stretch and follow through | Clearing hipsMotion/movement adjustment because of velocityAction of non-throwing or striking arm |
| **Receiving** | Visual TrackingTarget presentedAbsorptionControl | Range of absorptionHand-eye coordinationFlight pathway interception pointDirection of body alignment (base of support) | Setting up for next moveVelocity of motionCenter of gravity |
| **Accompanying** | ControlVisual contactBalanceAbsorption | Visual fieldProtection of game objectVelocity (coordination of body and game object) | Adjustment to external variablesPattern variationMisdirection/faking |
| **Evading** | Balance maintained by upper bodyVisual contactCoordinationCenter of gravityDistribution of body weight | Change of direction(initiated by foot plant)Push offAnticipation | FakingReaction timePeripheral visionKinesthetic awareness |
| **Locomotion** | Foot strike patternsLimbs in oppositionDirection of body alignmentCenter of gravity | PropulsionChange of directionMethods of locomotion(developmental movement patterns)Generating velocity | All body partsControlling velocityCombination of movement patterns |
| **Landings** | Base of supportCenter of gravity | Absorption of body force/force vectorsBody alignment (base of support)Pre-stretch (preparation for spring) | Altering base of supportVisual imageryIsometric connection |
| **Statics** | Center of gravity in relation to base of supportCoordinationSpatial awarenessDirectional forces/force vectors | Kinesthetic awareness(especially in inversion)Mental preparationConcentration | Altering base of supportVisual imageryIsometric contraction |
| **Swings** | Directional forces/force vectorsCenter of gravityBody ControlSpatial Awareness | PathwaysGenerating velocity | Controlling velocityAdjusting or controlling directional forces/force vectors |
| **Rotations** | Center of gravityLimbs in motionMaintaining equilibrium | Directional forces/force vectorsApproach velocity | Summation of forcesVarious axes |
| **Springs** | Body alignmentCenter of gravityPre-StretchRelease | Coordinating limb movement to generate forceRange of motionGenerating velocityControlling directional forces/force vectors | Efficiently changing from one force vector to anotherControlling velocityOptimal anglesInfluence of body parts to change momentum within a force vector |