

# C.11

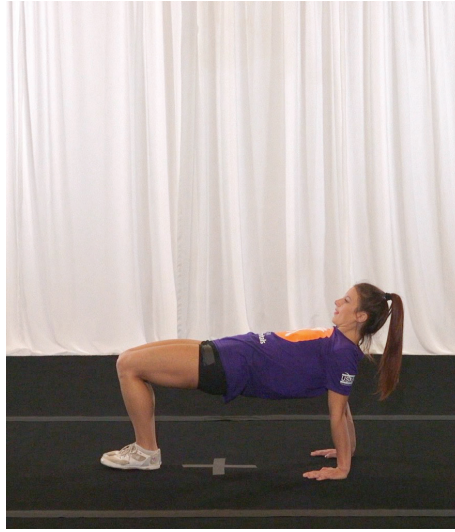
## Table Tops

Drill Skill Module - Core Conditioning

Start Position



End Position



- 1 Athlete sits in a pike position.
- 2 Athlete puts arms by sides on floor with fingers pointing forward.
- 3 Athlete bends knees and pulls feet in near their bottom.
- 4 Athlete pushes belly up to a flat position (no arch) so knees, hips, belly button and shoulders are all in a flat line.

You will want to make sure athlete's belly is flat not arched. Engagement of core is necessary - belly button pulled to back and hips are squeezed.

### Supplies / Aids:

Video

### Equipment Needed:

None Required

### Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Tips & Tricks

- 1 You can have races in this position.
- 2 You can also dip by bending at your elbows slightly to get a good workout for your triceps

