

C.16

Squats

Drill Skill Module - Lower Body Conditioning

Start Position



End Position



Side View



- 1 Start in a standing position with feet slightly more than shoulder width apart. Hands should be clasped or arms straight in front of the body with toes pointing forward.
- 2 Start sitting down and back as though you are about to sit in a chair. Lower yourself down so that your thighs are parallel to the ground. Knees should be behind the toes and chest up.
- 3 Pressing your weight through your heels, slowly stand back up to the starting position. Be sure to keep your feet flat on the ground.
- 4 Repeat this motion for a number of repetitions.

Supplies / Aids:

Video

Equipment Needed:

- 1 Weights (Optional)
- 2 Resistance Bands (Optional)

Notes:

Tips & Tricks

Form:

- 1 Tell the athletes that we should be able to read the logo on the front of their shirt. If we can't read the logo then their chest is dropping too low.
- 2 Watch their knees to ensure they are not buckling inward. If the athlete's legs are buckling in advise them to squeeze their glutes more to help them stand up.

Modification:

- 1 Increase the difficulty by adding weights or resistance bands.

