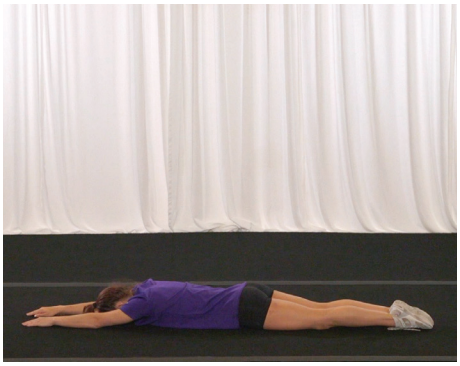
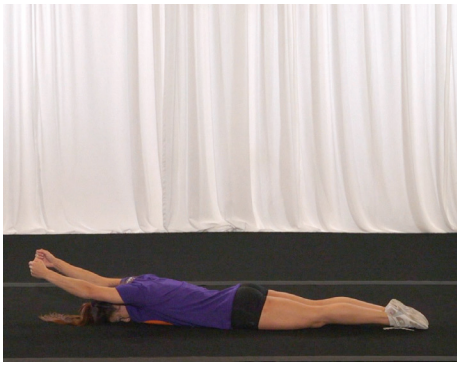
C.4 Touchdowns

Drill Skill Module - Arm/Shoulder Conditioning

Start Position



End Position



1. Lay on stomach, legs together.
2. Extend straight arms over head in a touch down position.
3. Lift straight arms up as high as you can above the head. Keep the forehead on the ground.
4. Return arms to touch down position on floor.
5. Repeat 10 times.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

CONDITIONING