## Shoulder Shrugs on Hands and Knees Drill Skill Module - Arm/Shoulder Conditioning

## Supplies / Aids:

Video

## **Equipment Needed:**

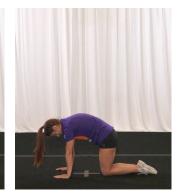
None Required



Start Position

**C.5** 





End Position

Athlete gets on hands and knees.

- Athlete shrugs shoulders up like a mad cat.
- Athlete then retracts shoulders without arching lower back.
- Athlete continues for 30 seconds working up to 1 minute.

Notes: CONDITIONING