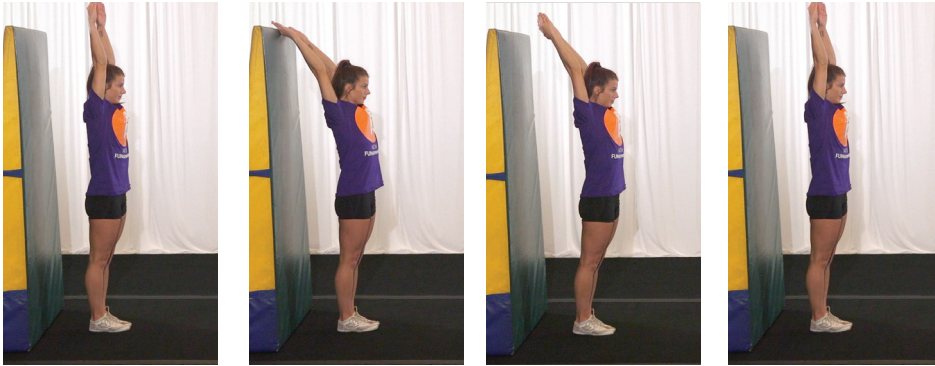


# C.7

## Engagement of Upper Back Drill Skill Module - Arm/Shoulder Conditioning

Start Position

End Position



- 1 Athlete stands with back to wall.
- 2 Athlete pulls shoulder blades together making shoulders touch wall.
- 3 Athlete then pulls shoulder blades apart pulling shoulders forward.
- 4 Repeat for 30 seconds working up to one minute.

### Supplies / Aids:

Video

### Equipment Needed:

None Required

### Notes:

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### Tips & Tricks

- 1 It is difficult to isolate this movement in some athletes so stress shoulders touching wall and then pulling away from wall.

