J.1 Understanding Engaging the Core

Drill Skill Module

Description: The use of the engaged core creates power. We will break down ways to teach athletes what it means to engage their core.

Drill 1

Athlete lays down on their back with knees bent. Put hands under lower back with no overlap of hands or fingers. Squish hands with back and squeeze hips. This is engagement of the core.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

Tips & Tricks

1. Stand against wall back to wall. Heels, hips, head and shoulders should be touching the wall. Push belly button to back as you squeeze hips.
2. Fun game to play with engaged core and tight body: Play game of trust. Get in a circle with legs in a pike position and have one stand in the middle with a really tight body. Pass them around the circle.