

# J.2

## Athletic Stance and Approach

Drill Skill Module



### Step 1: Clasp

Stand in good posture - straight line from ear to shoulder to hips to middle of knee to front of ankle. Arms are by side in clean-up position with no space showing between body and arms. The fingers are together cupped like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms straight up to clasp together under chin with elbows hugging sides of body. Engage core by pulling belly button to back and squeezing hips linking top of body to bottom of body creating a sharp motion.

### Teaching Counts:

| Counts                    |   |
|---------------------------|---|
| 5                         | Stand in clean-up - chin high & smile   |
| 6                         | Hold                                    |
| 7                         | Hold                                    |
| 8                         | Hold                                    |
| 1ST 8-COUNT OF JUMP DRILL |   |
| 1                         | Clasp - under chin, elbows squeeze body |
| 2                         | Hold                                    |
| 3                         |   |
| 4                         |   |
| 5                         |   |
| 6                         |   |
| 7                         |   |
| 8                         |   |

Once they have a clean tight clasp move on to STEP 2.

### Supplies / Aids:

2 Pictures:

- 1 Character with clasp (print extras and hand out as a coloring sheet at the end of class).
- 2 Character with extended clasp over head / on toes.

### Equipment Needed:

None Required

Recommended: Mirrors, dots or taped X's on the floor so kids know where to stand

### Notes:

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### Tips & Tricks



- 1 Make a game out of seeing who can hit the clasp sharpest, loudest, fastest, tightest, etc.
- 2 Have all of the athletes yell "ONE" when they hit the Clasp.
- 3 Repeat the 8-count drill three times in a row.

JUMPS

