## **J.3**

## Low Clasp & Athletic Stance Drill Skill Module



#### Step I: Raised Clasp on Toes

Start in High Clasp as taught in Jumps Module 2 - Step 2. Lift arms straight up where elbows are close to cheeks / temples. Push the clasped thumbs forward and down at the top. Keep the body in good posture, lift through toes. Engage core by pulling belly button to back and squeezing hips linking top of body to bottom of body.



#### Step 2: Low Clasp in Athletic Stance

Keep hands clasped and swing arms straight down to a Low Clasp position in front of lower thighs, keeping arms straight and strong. Legs should bend and body should be in Athletic Stance position.

#### Supplies / Aids:

1 Picture

Character with Low Clasp in Athletic Stance. Print extras and hand out as a coloring sheet at the end of class.

#### **Equipment Needed:**

None Required

**Notes:** 

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

#### Tips & Tricks



- Make a game out of seeing who can "PUNCH" the clasp sharpest, loudest, fastest, tightest, etc.
- 2 Have all of the athletes yel "FIVE" when they "HIT" the low clasp and athletic stance.
- 3 Freeze the athletes in the Athletes Stance to check for correct posture shoulders over knees over toes! Arms straight in Low Clasp

# Low Clasp & Athletic Stance Drill Skill Module

### Teaching Counts:

Counts	
1	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
2	Hold
3	Hold
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	Hold
7	Hold
8	Hold
1	Clean and stand

<sup>\*\*\*</sup>During the hold check for correct arm placement and Athletic Stance posture \*\*\*

Once they have a clean tight claps move on to STEP 3.

Add the approach counts taught in Jumps Module 2 to the Jump Module 3 - "Low Clasp & Athletic Stance"

#### Teaching Counts:

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Counts				
5	Stand in clean-up - chin high & smile			
6	Hold			
7	Hold			
8	Hold			
	IST 8-COUNT OF JUMP DRILL			
1	Clasp - under chin, elbows squeeze body			
2	Hold			
3	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples			
4	Hold			
5	Swing straight down to Low Clasp Athletic Stance			
6	Hold			
7	Hold			
8	Hold			
2ND 8-COUNT OF JUMP DRILL				
1	Clean and stand			

**Notes:**