

J.4 Arm Swing to Strong T

Drill Skill Module

Step 2 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	Swing arms up sides of body to Strong T creating lifting through upper body and arms to stand
7	Hold
8	Hold

Once they have mastered the High Clasp swing though Athletic Stance to Strong T move on to STEP 3.

Step 3: Add Approach

Add the approach counts taught in Jumps Module 2 to the Jump Module 3 - "Low Clasp & Athletic Stance" to the Jump Module 4 "Arm Swing to Strong T".

Step 3 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	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	Swing arms up sides of body to Strong T creating lifting through upper body and arms to stand
7	Clean arms to sides
8	Hold

Notes:

Tips & Tricks



- 1 Have athletes hit the Strong T position. Have coaches try to gently move the athletes arms to ensure that arms and core are strong. The coach should not be able to move the athlete's arms when using reasonable pressure to check for strength of the arm motion.
- 2 Slap down - As you complete Strong T position with arms slap them down to your sides with a tight body in athletic stance with no space between arms and body. You want the athlete to make a loud slap sound when their hands hit the side of their thighs.
- 3 Play stick it tight to see who is the tightest in the clean up position. Can you pull their arms away from their sides/legs. They should be so tight that you can not pull the arms out.
- 4 When the athletes stand using momentum from the legs they will have a likelihood to not stop their arms in the correct Strong T position and let them fly up. Practice lift and control through the arms and proper placement.
- 5 Stand directly in front of the athlete with a pool noodle at the shoulder level of the athlete for them to snap Strong T motion to.