

M.2

Hands on Hips Drill Skill Module



Hands on Hips

Stand in good posture - straight line from ear to shoulder to hips to middle with feet shoulder width apart. 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 fist hands to the hips. Arms are bent at the elbow. The knuckles of each hand should face forward. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion.

Arm Motion Drill Counts:

Counts	
5	Start standing tight in clean-up
6	Hold
7	Jump feet shoulder width apart
8	Hold
1ST 8-COUNT OF DRILL	
1	Clasp
2	Hold
3	High V
4	Hold
5	Low V
6	Hold
7	Hands on Hips
8	

Supplies / Aids:

Video:

- 1 Character Posters hitting the different arm motions. You can send these home as coloring sheets.

Equipment Needed:

Mirror

Notes:

Tips & Tricks



- 1 See how fast the athletes can hit each motion. Make a race out of it.
- 2 Have the athletes hit a motion and then walk around and pull on their arms. See if they can stay tight and not let you move them from the motion.
- 3 Instead of fists, the athlete can use blade hands. Make sure the fingers stay together and have the athlete hit their hands to their hips, using the inside (the "L") of the thumb and index finger. The index finger should follow where the bottom of the athletes briefs hit on the lower hip - where the hip and leg meet.