

M.3

Daggers Drill Skill Module



Daggers

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. Bend the arms and snap fist hands up stopping in front of the inside of each shoulder. Arms are bent at the elbow. The "circle" created by the little pinky bent should face forward, knuckles should be facing the center. 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	Hold
2ND 8-COUNT OF DRILL	
1	Daggers

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 Practice STOPPING the motions in front of the body verses at the side. Have athlete A stand shoulder to shoulder and 6" forward to athlete B. Have athlete B hit their T motion. It needs to stop in front of athlete A. They do NOT want to hit athlete A with their motion.