

M.4

High Touch Down / Low Touch Down

Drill Skill Module



High Touch Down

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 arms to hit the High Touch Down position. Upper arms / shoulders should squeeze the athlete's cheeks. Arms should remain in front of the body. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion.



Low Touch Down

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 arms to hit the Low Touch Down position. Upper arms should squeeze into the athlete's chest. Arms should remain in front of the body. 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

Counts Continued	
6	Hold
7	Hands on Hips
8	Hold
2ND 8-COUNT OF DRILL	
1	Daggers
2	Hold
3	High Touch Down
4	Hold
5	Low Touch Down
6	Hold

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.