

J.2

Athletic Stance and Approach

Drill Skill Module



Step 1: Clasp

Stand in good posture - straight line from ear to shoulder to hips to middle of knee to front of ankle. Place arms by sides with no space showing between body and arms. Fingers should be together, cupped like you were going to drink out of the hands. Lift arms straight up to clasp together under chin with elbows hugging sides of body. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion.

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	
4	
5	
6	
7	
8	

Once they have a clean tight clasp move on to STEP 2.

Supplies / Aids:

2 Pictures:

- Character with clasp (print extras and hand out as a coloring sheet at the end of class).
- Character with extended clasp over head / on toes.

Equipment Needed:

None Required

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

Notes:

Tips & Tricks



- Make a game out of seeing who can hit the clasp sharpest, loudest, fastest, tightest, etc.
- Have all of the athletes yell "ONE" when they hit the Clasp.
- Repeat the 8-count drill three times in a row.

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Step 2: Raised Clasp on Toes

Keep hands clasped. 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.



Athletic Stance Position

A position starting in a stand in good posture. Begin by pushing bottom back and bending knees to create a balanced position with shoulders over knees and knees over toes. Back will be flat because shoulder blades should be pulled together and belly button should be pulled into lower back. Head will be sitting on shelf of body. This position is necessary for landing and jumping into any forward, upward, and backward positions that start from standing.

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	Clean
6	Hold
7	Hold
8	Hold

Notes:

JUMPS