J.3 Low Clasp & Athletic Stance

Drill Skill Module

Step 1: Raised Clasp on Toes

Start in High Clasp as taught in Jumps Module 2 - Step 2. 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.

Step 2: Low Clasp in Athletic Stance

Keep hands clasped and swing arms straight down to a Low Clasp position in front of lower thighs, keeping arms straight and strong. Legs should bend and body should be in Athletic Stance position.

Supplies / Aids:

1 Picture:

1. Character with Low Clasp in Athletic Stance. Print extras and hand out as a coloring sheet at the end of class.

Equipment Needed:

None Required

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

Notes:

Tips & Tricks

1. Make a game out of seeing who can "PUNCH" the clasp sharpest, loudest, fastest, tightest, etc.
2. Have all of the athletes yell "FIVE" when they "HIT" the low clasp and athletic stance.
3. Freeze the athletes in the Athletes Stance to check for correct posture - shoulders over knees over toes! Arms straight in Low Clasp.

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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	Hold
7	Hold
8	Hold
1	Clean and stand

****During the hold check for correct arm placement and Athletic Stance posture****

Once they have a clean tight claps 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"

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	Hold
7	Hold
8	Hold
2ND 8-COUNT OF JUMP DRILL	
1	Clean and stand

Notes:

JUMPS