Arm Swing to Strong T Drill Skill Module

Description: Arms moving to the Strong T creates lift of body as our arms are the lifters of our body. At the same time this lift engages our posterior jumping chain of muscles used to lift our body off the ground. When you swing arms from down to up, it engages all of the upper body muscles to contract as well as an eccentric / concentric reaction in lower body. These actions coupled with an engaged core will lift the body into the air.



Teach athletes the Strong T motion. Arms are in a T motion slightly in front of the body - arms are at shoulder height but pulled slightly forward. The reasoning for this is when athletes learn the toe touch in the future we want their legs to be able to come up behind the T motion. Shoulder blades should be squeezed and arms should be very tight and strong. When jumping we want the arms to stay in the Strong T position, not flying up or dropping down.

Once they have a consistent Strong T motion move on to STEP 2.

Tips & Tricks



Have athletes hit the Strong T position. Have coaches try to gently move the athlete's arms

Step 2:







Start in High Clasp as taught in Module 1. Arms are straight up where elbows are close to temples with 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. Keep hands clasped and swing arms straight down to a Low Clasp position while keeping arms straight with a strong clasp motion. Legs should bend and body should be in Athletic Stance position. The arms swing from the Low Clasp up sides of the body in fists to the Strong T position while standing feeling the lift that the arms and upper body creates.

See teaching counts on next page.

Supplies / Aids:

- Picture: Character with Strong T (Print extras and hand out as a coloring sheet at the end of class.)
- Video

Equipment Needed:

None Required

Notes:

Recommended: Mirrors, dots or taped X's on the floor so athletes know where to stand. Pool noodle to hold in front of athlete at shoulder level that they will snap their Strong T up to for arm awareness.

FUNdamentals 2 USASF.NET

J.4 Arm Swing to Strong T Drill Skill Module

Step 2 Teaching Counts:

Teaching Counts I - Hold the Strong T (This will check for proper arm placement):

Counts	
1,2,3,4	Hold in extend / punch, clasp up / raise onto toes - elbows are close to temples
5	Swing straight down to Low Clasp, Athletic Stance position
6	Swing arms up sides of body to Strong T creating lifting through upper body and arms to stand
7.8	Hold
1	Clean

Teaching Counts 2 - Strong T - Clean:

Counts	
1,2,3,4	Hold in extend / punch, clasp up / raise onto toes - elbows are close to temples
5	Swing straight down to Low Clasp, Athletic Stance position
6	Swing arms up sides of body to Strong T creating lift through upper body and arms to stand
7	Slap arms clean to sides
8	Hold

Once they have mastered the High Clasp swing though Athletic Stance to Strong T move on to STEP 3.

Step 3: Add Approach

Add the approach

Step 3 Teaching Counts:

Counts	
5,6,7,8	Stand in clean-up, chin high, smile
	IST 8-COUNT OF JUMP DRILL
1	Clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch, clasp up / raise onto toes - elbows are close to temples
4	Hold
5	Swing straight down to Low Clasp, Athletic Stance position
6	Swing arms up sides of body to Strong T creating lifting through upper body and arms to stand
7	Slap arms clean to sides
8	Hold

Repeat 8-count

Notes:		

Tips & Tricks



- Slap down As you complete Strong T position with arms slap them down to your sides with a tight body in Athletic Stance position with no space between arms and body
- 2 Play "Stick It Tight" to see who is the tightest.
- When the athletes stand using momentum from the legs they will have a likelihood to not stop their arms in the correct Strong T position, and let them fly up. Practice lift, control through the arms and proper placement.
- the athlete with a pool noodle at the shoulder level of the athlete for them to snap Strong T motion to.