

J.10

Toe Touch Drill Skill Module

Description: Following all the previous steps as you jump off the floor, you will engage your core by pulling belly button to your spine and squeezing hips. Straddle your legs behind your Strong T position. Legs are straight, toes pointed with legs rolled to the back wall through the hip sit position. Legs try to kick to a High V position similar to a Heel Stretch. You should see the BACK of the leg and bottom of shoe from the front view. Shoelaces should be facing the back wall.



Drills for Leg Placement:

- 1 High Kicks - Athletes stand with Strong T motion and practice fast High Kicks on each leg using, fast twitch muscles to snap legs up and down quickly with hip rolled under and leg rotated to the back.
- 2 Straddle Sit Leg Lifts - Athletes sit on the floor in a Straddle position with legs rotated to the back and toes pointed. Hands are placed in front of the body with chest up and core squeezed. Athlete will lift each leg, one at a time, about 2 inches off the floor. Try to hold for 5-10seconds. This will also help increase hip flexor strength. Work to increase length of hold, and to be able to lift both legs simultaneously.
- 3 Straddle Sit Leg Pulses - Athletes sit on the floor in a Straddle position with legs rotated to the back and toes pointed. Hands are placed in front of the body with chest up and core squeezed. Athlete will lift each leg about 2 inches off the floor and pulse it up 5-10 times in a row without touching the leg back to the ground. Work to increase number of reps, and to be able to pulse both legs simultaneously.

Teaching Counts:

Counts	
5,6,7,8	Stand in clean-up, chin high, smile
1ST 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	Explode through legs into Toe Touch lifting upper body and arms to Strong T motion
7	Land and absorb. Clean arms tight to sides.
8	Hold
1	Stand clean

Supplies / Aids:

- 1 Video

Equipment Needed:

None Required

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

Notes:

Tips & Tricks

- 1 Have athletes yell "SIX" when in the Toe Touch to help improve synchronization.
- 2 Athletes have a tendency to drop their chests forward. Focus on chest remaining upright and snapping Toe Touch up to the Strong T arms not dropping the arms / chest to the legs.
- 3 Legs should snap down straight to the "land and absorb" position. Legs should not "frog" on the landing. If the athlete is having trouble snapping legs down straight have them lower the overall height of their legs and work back up to a higher leg position using the correct straight snap in position.

Start small and build up working on correct technique. Leg extension comes with time and practice!
Practice on a trampoline or tumble track if available to you.