Body Positions - Tuck, Pike, Straddle and Layout Drill Skill Module - Proprioception

Description: Intro to Body Positions - Tuck, Pike, Straddle and Layout



- Sit on the floor.
- Place hands on the floor by your hips.
- With legs together bend knees and pull them up to your chest.



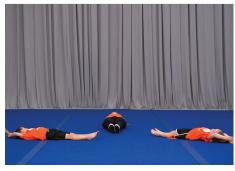
Pike

- Sit on the floor.
- Place hands on the floor by your hips.
- · Legs should be straight out in front of you squeezing together.
- Point your toes.



Straddle

- · Sit on the floor.
- Legs should be straight and parted to the sides.
- Point your toes.
- Place hands in front of body on the floor.



Layout

- · Lay on your back on the floor.
- Reach your arms over your head
- · Squeeze legs together
- Point your toes
- Squeeze your core so the lower back pushes into the ground.
- Keep your head in a neutral position

Supplies / Aids:

Equipment Needed:

M	^	ŀr	2	
1.4	u	ιτ	; 0	•

oupp	iiies /	Aids:	
Video			
Equi	pmen	t Need	ed:
None			
Note	s:		

Tips & Tricks



1 These skills can also be performed in the Module 2 for detailed description) as well.