

## Sumo Squat

Novice SELECT Level 2

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### Sumo Squat - Left Knee



## Sumo Squat - Right Knee



## Sumo Squat - Middle



**Sumo Squat - Hands on 1 Thigh - Nose to Right or Left Knee** - Stand in good posture - straight line from ear to shoulder to hips to middle with feet shoulder width apart. Arms in clean-up position with no space showing between body and arms. The fingers are cupped together like you were going to drink out of hands, pressing against the side of the thighs. Snap to double leg squat position. Knees stay over the ankles. Bend at waist and snap hands to the left or right lower thigh (above the knee). Hands should be placed on top of one another with elbows pushed out. At the same time the hands hit the thigh the athlete needs to lower their head and try to touch their nose to the knee of the same leg the hands are on.

**Sumo Squat - Hands on Both Thighs - Nose Between Knees** - Stand in good posture - straight line from ear to shoulder to hips to middle with feet shoulder width apart. Arms in clean-up position with no space showing between body and arms. The fingers are together cupped like you were going to drink out of hands, pressing against the side of the thighs. Snap to double leg squat position. Knees stay over the ankles. Bend at waist and snap hands to the lower thigh (above the knee) of each leg. Fingers should be together and on inner thigh with elbows pushed out. At the same time the hands hit the thighs the athlete needs to bend at the waist and lower their head below waist level. They want to show the top or back of their head to the front (not their face).

**Supplies / Aids:**

Video:

**Equipment Needed:**

Mirror

**Notes:**

## Tips & Tricks

- 1 See how fast the athletes can hit each motion. Make a race out of it.
- 2 Have the athletes hit a motion and then walk around and pull on their arms. See if they can stay tight and not let you move them from the motion.