

B.4 Double Base Thigh Stand

Drill Skill Module - Stunt

Description: Intro to Double Base Thigh Stand - 2 Bases, 1 Spotter, 1 Top Person

2 Step Approach:



Step 1: Set up

Main Bases - Each Base assumes a lunge position with the inside leg. The inside bent knee should be in line with the ankle, and the lunge should be deep enough to create a nice “pocket” for the Top Person to stand on. The inside leg of the Bases’ should be overlapped one on front of the other. The inside toe should face the other Base, and the back leg of the lunge should be straight and the toe should be facing forward. Backs should be straight with a strong core and solid lunge stance. Base on the right hand side will start with the foot in the pocket. The right hand of the Base should be underneath the Top Person’s toe, and the left arm should wrap like an anchor underneath the thigh of the Top Person reaching around as far as possible hugging the thigh above the knee snugly against the body.

Top Person - Starts standing on the floor in the slightly behind the center of the two Bases with the right foot placed high on the thigh near the hip (pocket) of the Base. Hands are placed on the shoulders of the Bases with elbows up and the weight should be in the ball of the left foot that is on the ground with the heel slightly raised.

Spotter - Starts standing directly behind the Top Person with both hands placed on the Top Person’s waist.

After you have reviewed the set up position multiple times and the athletes have learned how to set up the stunt confidently move on to step 2.

Step 2: Step, Lock, Tighten Drill

Main Bases - Keeps good lunge and right hand under the toe of the Top Person’s right foot and left arm hugging the right thigh above the knee of the Top Person. Maintains strong core while Top Person does a step and lock drill back to the starting position. Left Base maintains lunge position and does not assist stunt at this point.

Top Person - With right foot set in the pocket of the Base, and hands on Base’s shoulders, elbows at 90 degrees, Top Person will dip down through the left leg on the floor pressing strongly off the ground with the left foot and through the shoulders of the Bases to step, lock, tighten standing quickly on their right leg, hold and then step back down to the starting position.

Spotter - With hands on the Top Person’s waist will follow the dip of the Top Person and assist the Top Person to the standing position on the Base’s thigh by lifting up through the Top Person’s waist. The Spotter never releases the stunt. The Spotter assists the stunt up to the standing position and then assists gently back down to the starting position resisting the Top Person on the way down.

Supplies / Aids:

Video/Pictures

Equipment Needed:

Recommended:

- 1 Stacked panel mats or a block that is the approximate height of the thigh set position for Top Person step up drills.
- 2 Tape, dots, chalk or other markers for Bases to practice proper lunge position.

Notes:

Tips & Tricks



- 1 Have Top Person practice stepping up onto a mat starting with right foot up on raised surface focusing on pressing through the left foot on the floor and standing quickly to a locked and tight Target position - mat should be about the same height as the thigh stand set up.
- 2 Did you now that by teaching a Top Person a thigh stand focusing on pressing off the left foot on the ground and through the shoulders of the Bases you have essentially taught the Top Person a one leg ground stunt that she will use all the way through elite level 5 skills?
- 3 Make a fun game to see what group can stand up the fastest and cleanest.

BUILDING

B.4

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Counts	Main Base	Secondary Base	Top Person	Spotter
5				
6				
7	Step right leg out to create a left lunge	Step left leg out to create a right lunge	Hold	Hold
8	Hold	Hold	Hold	Hold
1ST 8-COUNT OF STUNT				
1	Hold - in set up position, deep lunge with left leg bent and right leg straight. Right hand under the Top Person's right toe, loaded in the pocket, left arm wrapped around the Top Person's right leg pulling it tight to your core.	Hold - set up position, deep lunge with right leg bent and left leg straight, arms at sides.	Place right foot in the Main Base's pocket, hands on both Bases' shoulder, ready to push through arms.	Grab Top Person's waist
2	Hold	Hold	Hold	Hold
3	Hold	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4	Hold	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5	Hold	Hold	"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg	Lifts Top Person
6	Hold	Hold	"LOCK" / "TIGHTEN" Hit Target on Main Base. Keep your weight in your right leg and foot. Left foot locks in next to the right foot. Do not put weight in the left foot. Arms in clean-up.	Hold
7	Hold	Hold	Shift weight over to left foot, into Secondary Base's pocket	Hold
8	Hold	Hold	Hold	Hold
2ND 8-COUNT OF STUNT				
1	Hold	Grab under Top Person's left ball of the foot with left hand. Wrap right arm around Top Person's left thigh and pull into your core tight.	Hit High V	Hold
2	Hold	Hold	Hold	Hold