

B.8 Double Leg Thigh - Hitch Position

Drill Skill Module - Pyramid Drill

Description: Intro to Body Positions on the Double leg thigh stunt - 1 Base, 1 Spotter, 1 Top Person

This is the same approach and techniques used in Building Module 2 - "Double Leg Thigh - 'TARGET' Position." We are adding a new body position to it and adding it into a pyramid sequence.

2 Step Approach:



Step 1: Teach Top Person Hitch Position on Floor (Building Module 1C)

Main Base - Kneels on the floor in a sitting position (bottom on heels) with a straight back and solid core and places right hand under the toe of the Top Person.

Top Person - Starts standing on the floor with the right foot placed high on the thigh near the hip (pocket) of the Base and hands holding the wrists of the Spotter who is on their waist.

Spotter - Starts standing directly behind the Top Person with both hands firmly 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 Base - Keeps good sitting posture and right hand on the toe of the Top Person's right foot. Maintains strong core while Top Person does a step and lock drill back to the starting position.

Top Person - With right foot set in the pocket of the Base, Top Person will dip down through the left leg on the floor pressing strongly off the ground with the left foot to stand and lock the right leg out on the Base's thigh, left foot pulls in next to the right foot - do NOT transfer weight into the left foot - hit Target, hold, hit Hitch, hold, hit Target and then step back down to the starting position.

Spotter - With hands on the Top Person's waist, 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 - Panel mat for step up drills

Notes:

Tips & Tricks



- 1 Trying flipping the stunt to the opposite side (mirror image). This will allow you to have two hitches connected to one person for a pyramid.
- 2 Have Top Person practice stepping up onto a small mat starting with right foot up on slightly raised surface focusing on pressing through the left foot on the floor and standing quickly to a locked and tight position.
- 3 Upon mastery of the step up drill make a fun game out of how many times you can repeat the step up drill in a row with continuous counts always dipping on 1, step, lock, tighten on 3, down on 5, hold 7-8, repeat. Goal - 3 times in a row!

B.8

Double Leg Thigh - HITCH Position

Drill Skill Module - Pyramid

Counts	Main Base	Top Person	Spotter
1ST 8-COUNT OF STUNT			
1	Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapped around right leg, pulling it tight into your core.	Hold - in set up position (right foot placed in the Base's pocket)	Hold - in set up position (holding Top Person's waist)
2	Hold	Hold	Hold
3		"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4		"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5		"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg	Lifts Top Person
6		"LOCK" / "TIGHTEN" 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.	
7		Hold	
8		Hold	
2ND 8-COUNT OF STUNT			
1		Pull leg to Hitch and hold on your own Hit High V	
2,3,4		Hold	
5		Hit Target & Grab Spotter's wrists	
6		Hold	
7,8		Step left foot back to ground	Resists Top Person on the way down, never releasing the hips
3RD 8-COUNT OF STUNT			
1		Step right foot out	
2		Hold	
3	Step left leg up	Hold	
4	Hold	Hold	
5,6	Stand up	Hold	
7	Clean to the front	Clean to the front	Clean to the front
8	Hold	Hold	Hold