

# T.3

## Athletic Stance

Drill Skill Module - Tumbling

**Description:** Intro to Athletic Stance, also known as the power position.



- 1 Start in a standing position with good posture.
- 2 Begin by pushing bottom back and bending knees to land in a balanced position with shoulders over knees and toes.

This position is necessary for landing and jumping. It is the only position for explosive lift off the floor jumping from heel to ball to toe yielding a maximum jump.

### Supplies / Aids:

Video

### Equipment Needed:

- 1 Wall
- 2 Cheer mat
- 3 String

### Games:

- 1 See who can hold this position the longest.
- 2 See who is the tightest and can not be pushed or moved.

### Notes:

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### Tips & Tricks



- 1 Stand 8-12 inches away from the wall - make hips touch wall as you sit into the Athletic Stance.
- 2 Have a string hanging from ceiling or bar - make shoulders, knees and toes touch the string as you sit into the Athletic Stance.
- 3 Work posture against wall with heels, hips, shoulders, head touching. Straight line from ear to shoulder to mid hips to mid knee to front of ankle.