

B.9

Mastering Double Leg Thigh - Hitch Position Drill Skill Module - Pyramid Drill

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

We will use additional people to connect to the Top Person's arm and hitched foot to create a pyramid for the routine in this module. You can vary these connections into multiple groups, a single line or one individual group - all depending on how many athletes you have in the class.



Main Base - Kneels on the floor in a sitting position (bottom on heels) with a straight back and solid core facing the side. Place right hand under the toe of the Top Person's right foot. Maintains strong core while Top Person stands with right foot in the pocket and left foot glued next to right foot. Base wraps left arm around the back of the Top Person's thighs and hugs tightly towards body.

Top Person - With right foot of the Top Person 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 a motion/Hitch, hold, hit Target and then step back down to the starting position.

Spotter - With hands on the Top Person's hips 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 hips. The Spotter never releases the stunt. The Spotter assists the stunt up to the standing position and provides lift and stability in holding the Top Person in the thigh stunt.

Supplies / Aids:

Video

Notes:

Tips & Tricks



- 1 Add arm motions, rolls as transitions for the Connection People to add more flair to the stunt.

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Double Leg Thigh - Hitch Position

Drill Skill Module - Pyramid

Counts	Main Base	Top Person	Spotter
5	Transition	Transition	Transition
6	Transition	Transition	Transition
7	Hit clean-up position	Hit clean-up position	Hit clean-up position
8	Hold	Hold	Hold
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, grab Spotter's wrists)	Grab Top Person's waist
2	Hold	Hold	Hold
3	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5	Hold	"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg	Lifts Top Person
6	Hold	"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.	Hold
7	Hold	Hold	Hold
8	Hold	Hold	Hold
2ND 8-COUNT OF STUNT			
1	Hold	Pull leg to Hitch and hold on your own, Hit High V	Hold
2,3,4	Hold	Hold	Hold
5	Hold	Clean Hitch leg into Target Clean arms to side	Hold
6	Hold	Hold	Hold
7	Hold	Grab Spotter's wrists	Hold
8	Hold	Hold	Hold
3RD 8-COUNT OF STUNT			
1	Hold	Step left foot off Base	Hold
2	Hold	Hold	Hold
3	Release left foot and clean arms to side Step left leg up	Step right foot to left foot Clean arms at side	Clean arms to side
4	Hold	Hold	Hold
5	Step right leg up to left	Hold	Hold
6	Hold	Hold	Hold
7	Turn to the front in clean-up	Hold	Hold
8	Hold	Hold	Hold