M.10 Criss Cross

Novice SELECT Level 1

Criss Cross

Stand in good posture - straight line from ear to shoulder to hips to middle with feet shoulder width apart. Arms are 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 the arms up, hit the Criss Cross position. Left arm crosses over the right arm. Hands should remain in blades. Left hand lays on the front of the right shoulder and the right hand lays on the front of the left shoulder. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion. Elbow to fist should make a straight line.

Supplies / Aids:

Video:

1. Character Posters hitting the different arm motions. You can send these home as coloring sheets.

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.