M.9 High Cheerio and Low Cheerio

Novice SELECT Level 1

High Cheerio

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 straight up, hit the High Cheerio position. Left hand clasps the right wrist. Right hand knuckles face forward. 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.

Low Cheerio

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 straight up, hit the Low Cheerio position. Left hand clasps the right wrist. Right hand knuckles face forward. 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.

High Cheerio Circle to Low Cheerio - 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 straight up, hit the High Cheerio position. Left hand clasps the right wrist. Right hand knuckles face forward. Keeping cheerio position circle the arms around and down and hit the Low Cheerio. 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:

Equipment Needed:

Mirror

Notes:

MOTIONS

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.