M.4 High Touch Down / Low Touch Down

Novice SELECT Level 2

High Touch Down

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 to hit the High Touch Down position. Upper arms / shoulders should squeeze the athlete's cheeks. Arms should remain in front of the body. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion.

Low Touch Down

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 to hit the Low Touch Down position. Upper arms should squeeze into the athlete's chest. Arms should remain in front of the body. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion.

M.5 Full Nelson

Novice SELECT Level 2

Full Nelson

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 to hit the Full Nelson position. Arms are bent at the elbow. The palm of the left hand touches the back of the athlete's head at the base of their head and top of their neck. The right hand lays over the top of the left hand behind the head. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion.

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.