M.7 Diagonal Right and Broken Diagonal Right

Novice SELECT Level 2

Diagonal Right

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 together cupped together like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms to hit the Diagonal Right position. Right arm should hit the same spot it hits in a high V position and the left arm should hit the same spot it would if performing a low V. 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.

Broken Diagonal Right

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 Broken Diagonal Right position. Right arm should hit the same spot it hits in a high V position with the arm bent, the right fist should be in front of the right shoulder. The left arm should hit the same spot it would if performing a low V with the arm bent, the left fist should be in 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.