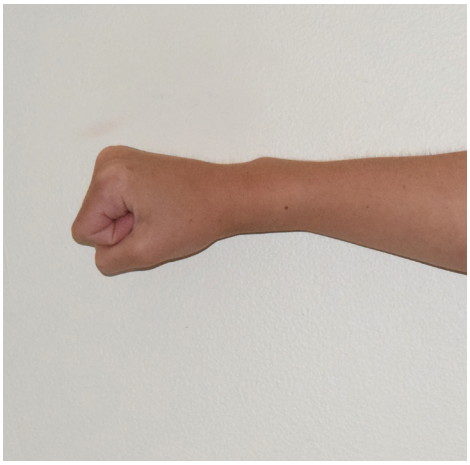
PAM.1 Fist, High V

Drill Skill Module - Arm Motions



Fist

Discuss how to make the proper arm motion, fist. Fingers curled in with the thumb over the top of the index finger middle fingers first joint. The "O" needs to face the front at all times. Discuss keeping the wrist straight and not "cocked".

High V

Stand in good posture - straight line from ear to shoulder to hips with feet shoulder width apart. Arms are by side in clean up position with no space showing between body and arms. The fingers are together, cupped like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms straight up, hit the High V. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion. Arms should be slightly in front of the body. Athletes should be able to see their fists out of their peripheral vision.

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.