PAM.4 Hands on Hips

Drill Skill Module - Arm Motions

Hands on Hips

Stand in good posture - straight line from ear to shoulder to hips to middle 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 fisted hands to the hips. Arms are bent at the elbow. The knuckles of each hand should 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.

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.