

# PAM.7

## Low Touch Down Drill Skill Module - Arm Motions



### Low Touch Down

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 arms to hit the low touchdown 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.



#### Supplies / Aids:

Video:

- 1 Character Posters hitting the different arm motions. You can send these home as coloring sheets.

#### Equipment Needed:

- Mirror

#### Notes:

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#### 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.

