



### T

Stand in good posture - straight line from ear to shoulder to hips to middle of knee to front of ankle with feet shoulder width apart. Hold arms by side in Clean-up position with no space showing between body and arms. Cup the fingers together like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms straight up hit the T position. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body, creating a sharp motion. Hold arms 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:

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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.
- 3 Practice stopping the motions in front of the body verses at the side. Have athlete A stand shoulder to shoulder and 6" forward to athlete B. Have athlete B hit their T motion. It needs to stop in front of athlete A. They do NOT want to hit athlete A with their motion.