



TECHNICAL REMINDERS!



Tip: Arms

- Keep a 90 degree elbow position, hinge at the shoulder (not elbow).

Tip: Head Position

- Keep a neutral position, not looking down to the ground or up in the sky.

Tip: Hands

- Keep a relaxed position, whichever is most comfortable for the athlete.
- Making sure the athlete is not clenching their fists.

Tips: Trunk

- Keep hands/arms from crossing over the midline of the body (midsagittal plane).
- Keep arms close to the body, not too far outside, not rubbing against their body.