

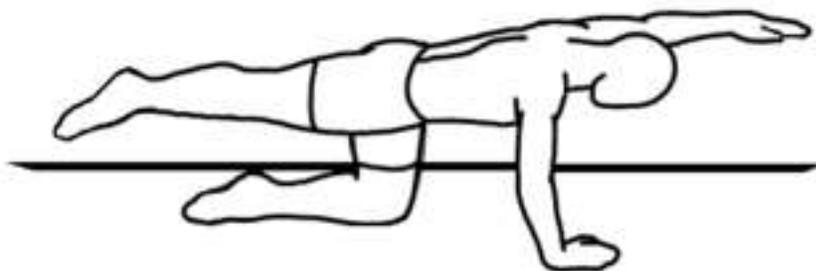


Four pt. opposite arm and leg raise

To practice and test back and core strength

Equipment needed

- Mat



Proper form of 4 point

- Athlete should assume a hands and knees 4 point position
- Athlete should align shoulders directly over hands and hips over knees
- Instruct athlete to lift the one hand and the opposing knee up off the ground a couple of inches
- The torso should shift somewhat but should not rotate- the elbow and knee should remain close to the side of the body and should not be pulled outwards

Tips for Coaches and Volunteers

- Tell the athletes they have a plate of spaghetti on their back.
- If you have their papers, put it on their back and tell them to not let it fall off

Form Rating Scale

1. Torso is kept parallel to the ground- does not rotate or wobble
2. Elbows and knees are maintained beside the body