

Athletic Stance



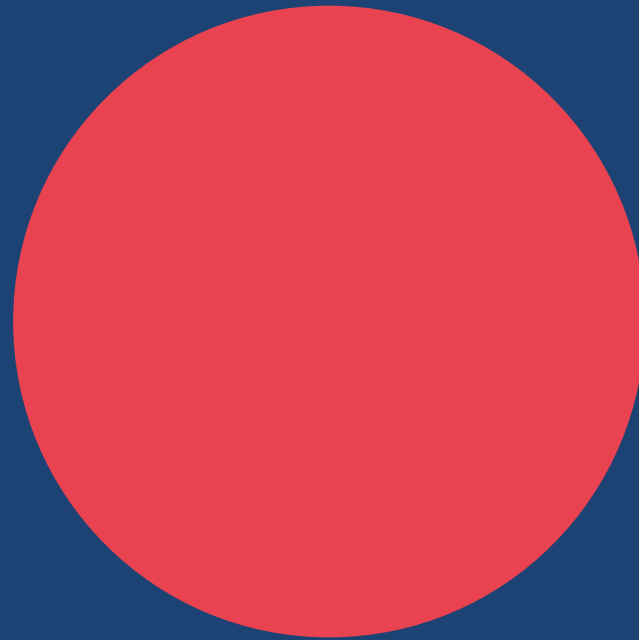
Athletic Stance Athletic Stance is balanced position is when your body is positioned over your base of support.

Coaching Points...

1. Back is flat; not rounded shoulders or humpbacks
2. Chest and eyes are up
3. Hips are back into a neutral position
4. Shoulders over the knees, knees over the toes
5. Weight is evenly displaced on each foot

Challenge... How would you adapt the Athletic Stance for your sport?

THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



UK Coaching
Chelsea Close
Armley
Leeds LS12 4HP

t: 0113-274 4802
e: information@ukcoaching.org

www.ukcoaching.org