

Hinge

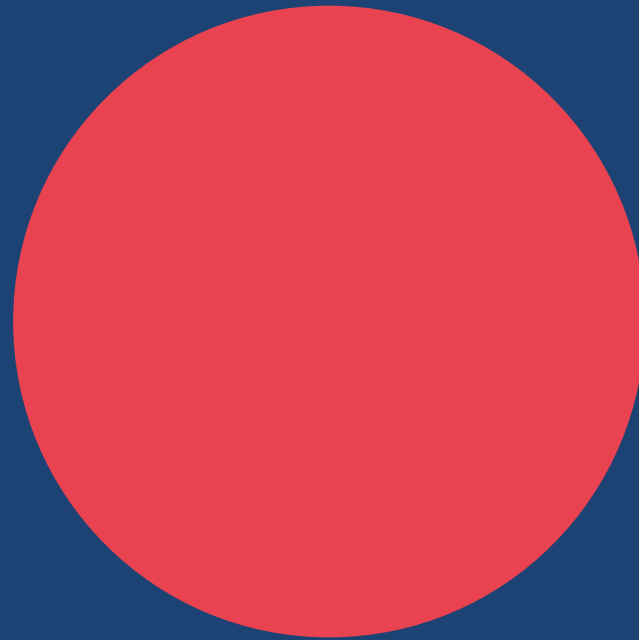


Coaching Points...

1. Body remains braced and straight.
2. Spine – Shoulders back and down and torso braced
3. Feet – Athlete stands upright with feet hip-width apart and toes pointing forward
4. Hips – Place palms on upper thighs fingers pointing
5. Down – Tilt from the hip, knees slightly bent
6. Feet – Weight stays through the heels



THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



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