



AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

Concepts: Angling, Stick and Body Position, Body Contact and Body Checking

Thrust of War - Side

Have players pair up. Players begin shoulder to shoulder. On signal from the coach the players push against each other. Keep the stick and arms down while attempting to use the legs to push against your partner. Knee bend is important for balance and stability.



Thrust of War - Front

Have players pair up. Players face each other starting with the front of the shoulders in contact. On the signal from the coach, players push against each other. Keep the stick and arms down while attempting to use the legs to push against your partner. Again, knee bend is important.

