

HANDS

TROJAN O LINE
"Big 3"

I can PLAY with HANDS that are:

- * *INSIDE*
- * *THUMBS OUT*
- * *LONG*

Tip of the Spear

I can PLAY with HIPS that are:

**UNCOILED*

HIPS



Arc Strength

Hips = Power

HIPS

I can PLAY with FEET that are:

- **PARALLEL*
- * *LITTLE OR TIGHT*
- * *ACTIVE*

**HAVE ALL CLEATS IN THE GROUND*

Foot Fire

I can play with a TRIANGULAR BASE

- * *CONDENSED BODY*
- * *FEET OUTSIDE OF HIPS*
- * *BIG CHEST*
- * *TOES OUT*



Sumo

FEET