

Biomechanics of Sports

Video Review: How to Teach the “Back to Wall Shoulder Flexion” Drill.

May 22, 2020



Lesson: May 22, 2020

Objective/Learning Target:

Students will watch and answer questions regarding the back to wall shoulder drill. Students will understand the importance of rib cage positioning as it carries over into multiple movements.



Instructions

Watch the video and then answer the follow-up questions.





Questions

1. Why is cueing the rib cage down important for the success of this drill?
2. Why is neutral spine important for core positioning during pressing and pulling?
3. How can the scapula be impacted if the athlete's posture is excessive in extension?



Email your discussion questions to the following instructors:

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