

AMPS STEAL BREAK

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- 1 STANCE:** Athletic Position with bent knees, flat back and squared feet
- 2 LAUNCH:** Jump / push-off laterally with 2 legs (using edges of feet) into crossover step (50 degree lean and gaze down)
- 3 DRIVE:** Drive downward and backward forcefully (Cue: PUSH PUSH PUSH!)
- 4 GAZE:** Eyes & head aim downward while accelerating (head can quickly turn to check play and return to forward / downward focal point)
- 5 HEELS:** Keep heels low maintaining a locked ankle (dorsiflexion) and push down & back into the ground (create spring-like ground reaction force)
- 6 ARMS:** Split arms downward past the hips into a stretch reflex
- 7 HANDS:** Keep palms facing, spread fingers, throw fast hands down (almost to the lips and past the hips)
- 8 CYCLE:** Start to cycle the leg up to the midline after breath & lock into Phase 2 (maintain lean and gaze down / forward similar to running a hill, Cue: WHEEL WHEEL WHEEL!)

DRILLS: Wall Drill / A Skips / Hill Running / Bounding / Pogo Start / Stance & Start / Short Shuttle / 300 Shuttle