



## Movement Skills: Clovers

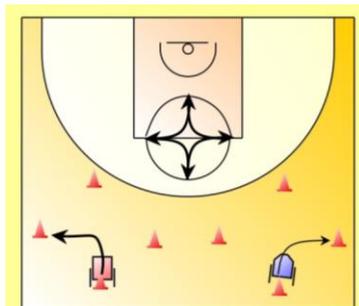


FIGURE 1

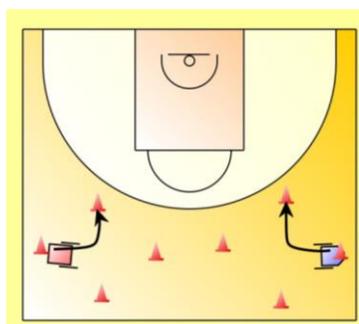


FIGURE 2

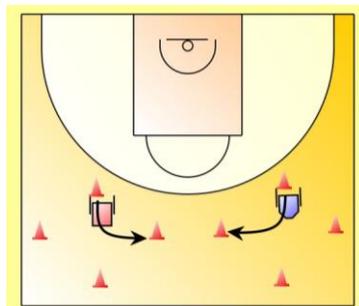


FIGURE 3

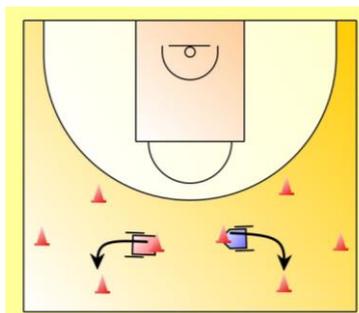


FIGURE 4

**OBJECTIVE:** To push in an arc that mimics the pressure and recover movement skill.

**Setup:** Set up in an area with 4 cones or markers lined up on the floor. The points should be about 3m to 4m across from each other.

**Instructions:**

1. Starting forwards at one cone, push dynamically in an arc clockwise to the next point and stop. (Figure 1)
2. Pull backwards dynamically in an arc to the next point and stop. (Figure 2)
3. Repeat going forwards, then stop; then backwards, then stop. This will complete one circuit of the 4 points. (Figure 3 & 4)
4. Repeat for the assigned duration.
5. Repeat while going in the other direction (i.e. counterclockwise).

**Activity Rules / Games Approach:**

- Try to accomplish each move in 1 dynamic push.
- Time activity OR require a certain number of circuits (laps).

**Coaches Key Points:**

- Players should move the outside wheel more forcefully than the inside wheel to create movement on the arc.
- The outside hand will move faster and further than the inside hand.
- Stop by leaning backwards with elbows locked.
- Player should recover hands quickly to the ready position for the next push or pull.

**Variations/Loading:**

- Allow 2 pushes for developing athletes.
- Increase or decrease the distance between the points.

**Mental:**

- Concentrate to maintain smooth yet powerful movements with hands moving at different speeds and distances on the wheel.
- Use communication comments like you would in a game for pressuring and recovering.