

# Fundamental Athletic Movement Skills

## Athletic Stance - Posture



- Correct alignment: toe-knee-shoulder



## Lunge & Stride



- Multi-directional steps, strides and lunges



## Jumping & Landing



- Jumping and Landing mechanics



## Single leg & Change of Direction



- Single leg dynamic balance and the ability to decelerate and accelerate



## Optimal Upper Body Function



- Upper body flexibility, stability and strength as well as core strength



## Throwing (& Catching)



- Integrated and task-specific movement skill

