

# Swing Arms



*This exercise is a great way to warm up, bring up energy, and get loose and connected.*

Practice Tips:

- Keep the shoulders loose and relaxed
- Flex the knees as the hands pass the thigh in both directions
- Breathe in as the hands swing forward and out as they swing back



For videos of this skill and others, visit:  
[MomentumLearning.info/uconnfootball](https://MomentumLearning.info/uconnfootball)

# Punch Drills



*This drill helps train delivering power from the ground efficiently to conserve energy throughout the game.*

Practice Tips:

- Drive up from the ground, through the hips and out the hands
- Keep the shoulders relaxed until right before making contact
- Keep the hips moving forward and the head in a neutral position



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# Fighter's Dance



*Practice this skill to develop timing and footwork for explosive movement.*

Practice Tips:

- Create a "V" formation with the footwork
- Time the punch to when the forward foot touches the ground
- Control the breathing to improve conditioning



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# Clearing Blocks



*Use 'Helping Hands' and Cut Blocks to quickly shed a block and gain superior leverage.*

Practice Tips:

- The blocking hand moves across the body first so it moves through the opponent's blind spot
- The clearing hand rises under and in front of the blocking hand
- Use the clearing hand to push, pull, or otherwise manipulate the opponent



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# Open Focus



*Practice this skill to develop a balanced mindset & focused awareness quickly and consistently.*

Practice Tips:

- Keep the eyes soft and able to see forwards and to both sides of your periphery
- Relax the face and shoulders, feel connected solidly to the ground
- Breathe from the diaphragm. Expand the belly on the inhale and contract on the exhale.



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# Water Breath Vs Fire Breath



*Breathing for balance and centering vs stimulation*

Practice Tips:

- Water breath is silent, with the exhale being slightly longer than the inhale
- Fire breath has an audible, sharp exhale followed by a full inhale
- Use fire breath sparingly. Water breathing can be done as much as you'd like



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