

CHAPTER 2 RECOVERY DRILL

2-1 RECOVERY DRILL, EXERCISE 1, OVERHEAD ARM PULL

"Demonstrator, POST. (The demonstrator posts in front of the formation.) I will use the talk through method of instruction. Exercise 1 of The Recovery Drill is The Overhead Arm Pull." (The demonstrator responds, "The Overhead Arm Pull.") The purpose of the Overhead Arm Pull is to stretch the upper back and oblique muscles. The stretch is held for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE, assume the straddle stance with the hands on the hips." (The demonstrator moves into the starting position.)

NOTE: In positions 1 and 2, lean the body straight to the side, not to the front or back.

"On the command of execution STRETCH of Ready, STRETCH, raise the left arm overhead and place the left hand behind the head. Grab above the left elbow with the right hand and pull slightly to the right, leaning the body to the right." (The demonstrator performs the movements as the PT leader describes them.) "Hold this position for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE, return to the starting position." (The demonstrator moves into the starting position.)

"On the command of execution STRETCH of Change Position Ready, STRETCH, raise the right arm, overhead and place the right hand behind the head. Grab above the right elbow with the left hand and pull slightly to the left, leaning the body to the left." (The demonstrator performs the movements as the PT leader describes them.) "Hold this position for 20-30 seconds."

"Starting Position, MOVE." (The demonstrator moves into the starting position.) "Position of Attention, MOVE." (The demonstrator assumes the position of attention.) "AT EASE." (The demonstrator stands at ease.)

"What are your questions pertaining to Exercise 1 of The Recovery Drill, The Overhead Arm Pull?" (Clarify all questions.)

"Demonstrator, ATTENTION." (The demonstrator assumes the position of attention.) "You will be my assistant instructor. FALL OUT."

2-2 RECOVERY DRILL, EXERCISE 2, REAR LUNGE

"Demonstrator, POST. (The demonstrator posts in front of the formation.) I will use the talk through method of instruction. Exercise 2 of The Recovery Drill is The Rear Lunge." (The demonstrator responds, "The Rear Lunge.") The purpose of the Rear Lunge is to stretch the calf, hamstring and hip-flexor muscles. Hold this stretch for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE." Assume the straddle stance with hands on hips." (The demonstrator moves into the starting position.)

NOTE: When lunging to the left or right, do not let the knee move forward of the toes.

"On the command of execution STRETCH of Ready, STRETCH, take an exaggerated step backward with the left leg, touching down with the ball of the foot while continuously allowing the body to lower. Keep the forward knee over the ball of the foot. Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion. Lung and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of the stretch." (The demonstrator performs the movements as the PT leader describes them.) "Hold this position for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE, return to the starting position" (The demonstrator moves into the starting position.)

"On the command of execution STRETCH of Change Position, Ready, STRETCH, take an exaggerated step backward with the right leg, touching down with the ball of the foot while continuously allowing the body to lower. Ensure the knee of the forward leg does not extend over the toes. The rear leg is straight not locked while the back remains in a generally straight line. Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion." (The demonstrator performs the movements as the PT leader describes them.) "Hold this position for 20 seconds."

"Starting Position, MOVE." (The demonstrator moves into the starting position.) "Position of Attention, MOVE." (The demonstrator assumes the position of attention.) "AT EASE." (The demonstrator stands at ease.)

"What are your questions pertaining to Exercise 2 of The Recovery Drill, The Rear Lunge?" (Clarify all questions.)

"Demonstrator, ATTENTION." (The demonstrator assumes the position of attention.) "You will be my assistant instructor. FALL OUT."