

16.5 – SUPINE NO MONEY DRILL WITH BAND



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve activation and strength in the external rotators of the shoulder. ▪ To improve activation and strength in the lower trapezius.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up on the floor with a foam roller positioned along your thoracic spine and supporting your head. You may need several rollers to accomplish this. ▪ Pull the shoulder blades back and down around the roller to pop the chest out.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ With the chin tucked and elbows locked at 90 degrees, externally rotate the humerus against the mini-band. ▪ This can be done as a warm-up, or with 10 second holds at the end of a workout.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the chin tucked and head against the roller throughout the movement. ▪ Avoid shrugging the shoulders, and don't allow the chest to cave over.