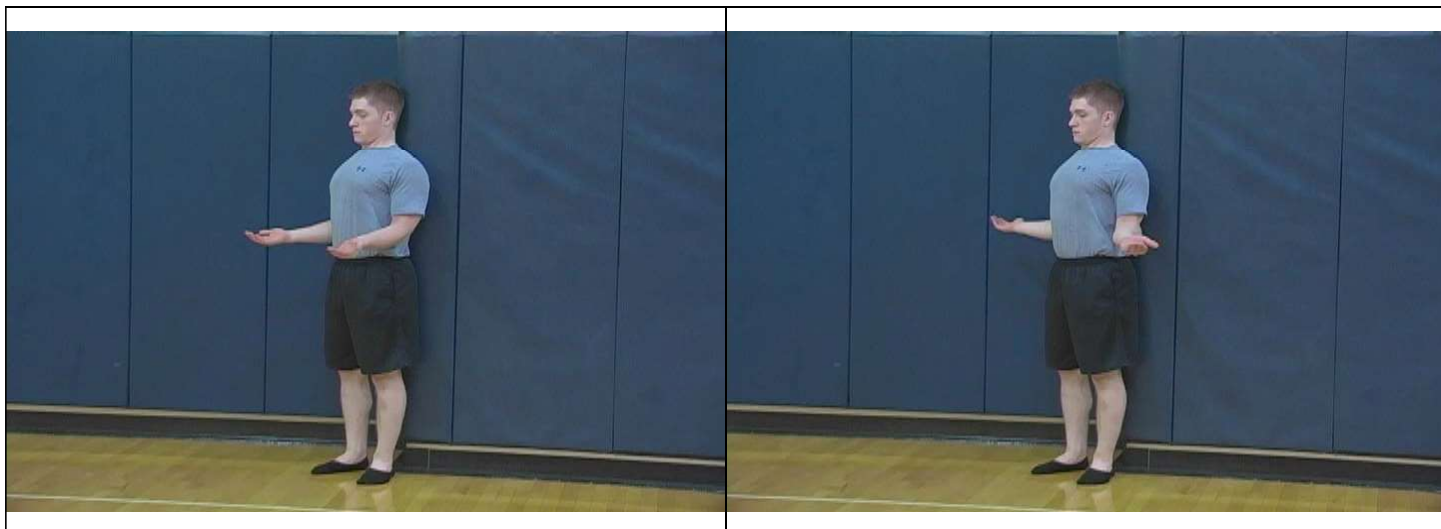


16.1 – NO MONEY DRILL



<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 with your back against a door frame, corner of a wall, or post. You should have a shoulder blade on each side of the corner. ▪ Stand up tall with the head positioned against the corner and chin tucked. ▪ The elbows should be flexed to 90 degrees, hands adjacent to each other and the palms up.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ To begin, retract and depress the shoulder blades while externally rotating the shoulder, moving the hands away from each other. ▪ Return to the starting position along this same line and repeat for reps.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the chin tucked and head against the wall throughout the movement. ▪ Avoid shrugging the shoulders. ▪ Don't force the range of motion.