

## PARACHUTE PLAY SKILLS & DRILLS

### 1. GRIPS

#### a. THUMBS-UP –

- Your fingers are UNDER the parachute.
- Your thumbs grip and are visible OVER the parachute.

#### b. THUMBS-DOWN –

- Your fingers are visible OVER the parachute
- Your thumbs grip UNDER the parachute.

**Drill** – Practice skill/motion.

### 2. BODY POSITIONS

#### a. SITTING –

- On the ground, “crisscross applesauce”.

#### b. KNEELING –

- Kneel on the ground resting back on your heels or up straight.

#### c. STANDING –

- Standing up straight and on two feet.

**Drill** – Practice skill/motion.

### 3. PARACHUTE POSITIONS

#### a. UP HIGH –

- Extend your arms over your head so that the parachute is in the air.

#### b. DOWN LOW –

- Lowering your arms and holding the parachute at knee level.

#### c. IN THE MIDDLE –

- Hold the parachute at waist level.

**Drill** – Practice skill/motion.

### 4. PARACHUTE MOVEMENTS

#### a. WAVE –

- Pumping your arms in an up and down motion.
  - **Rippling Wave** – Each person does this motion individually.
  - **Giant Wave** – Everyone does this motion in unison.

#### b. JERK –

- Moving both hands side-to-side individually or in unison while holding the parachute.

#### c. FLIP-FLOP –

- Alternate the movement of your arms so that one arm is going UP while the other arm is going DOWN.

**d. TIGHT –**

- Everyone pulls back on the parachute until it is completely spread out and has no slack.

**e. SNAP –**

- Gripping the parachute tightly, flick both wrists in unison with ONE quick up-down motion; then STOP.

**Drill – Making Waves**

Equipment Needed: Parachute

Set Up: Open Area/Space

How to Play:

1. Instructor calls out RIPPLING WAVE, GIANT WAVE, FLIP-FLOP, TIGHT, or SNAP (You can incorporate a story about a ship on the sea where FLIP-FLOP is a “storm”, TIGHT is “calm waters”, etc.).
2. The players respond with the corresponding Parachute Movement.