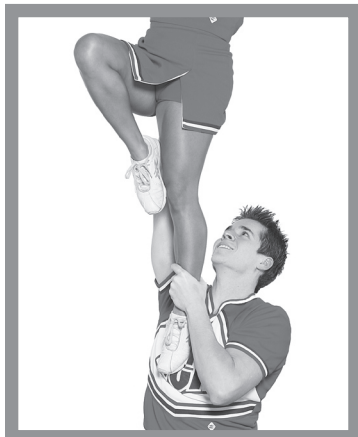
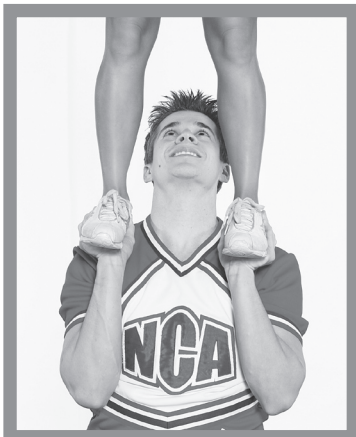


## COED TECHNIQUES



### CHAIR

Base places right hand in the center of the top person's seat with arm locked. The left hand grabs the top person's left ankle and pushes upward for support.



### HANDS

Top person stands in base's hands. Base grabs the heel and middle of the top person's feet and holds position at shoulder level.



### WALK IN

Top person's right foot rests in the base's right hand with index finger behind heel for extra grip. The base's left hand rests underneath the right hand for extra support and lift.



### LIBERTY

One hand supporting the toe and one hand supporting the heel with a thumb on each side of the foot.



### AWESOME

Top person stands in base's hands with feet tightly together. Base provides a solid platform for top person by grabbing the heel and middle of foot, allowing the fingers to grab the sides and back of the feet.

## PROGRESSION OF A BASKET TOSS



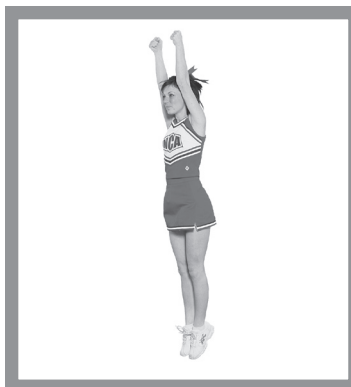
### STEP 1

Top person places one foot into the basket grip with only the ball of the foot touching the hands. Front spotter grabs under the hands of the bases and back base has a hand around the ankle of the top person.



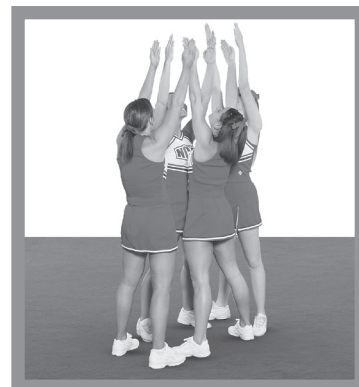
### STEP 2

Top person places the other foot into the basket keeping all of their weight on the bases shoulders. For correct top person body positions, the head, shoulders, knees, and toes are in line. Top person should not bend the arms. Back spotter can grab either around both ankles or under the bases hands to help control the toss.



### STEP 3

Top person stands straight up with the arms in a touchdown position, slightly in front of their ears and toes pointed straight down. The bases leave their arms up and catch the top person at the highest point possible to help absorb the cradle.



### STEP 4

Top person catches the bases shoulders to help absorb the cradle while holding their legs up level with the eyes. Bases catch first with the arms and then absorb with the legs to finish the cradle.