



COACHING TOOL

2-BATON SKILLS & DRILLS FOR THE PRE-COMPETITIVE ATHLETE

Notes:

- These skills are from the former Bronze 2-Baton pin of the CBTF Skills Development Program. The Bronze 2-Baton pin has been replaced with the 2-Baton I routine, however the skills included here are excellent drills for any athlete starting to learn 2-Baton.
- **LB** refers to Baton in Left Hand and **RB** refers to Baton in Right Hand
- **Ready** and **Finish** positions - baton grip should remain in web of hand with thumb wrapped around baton.

FORWARD VERTICAL FIGURE 8's - SYNCHRONIC

READY - Face Wall 8, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - Forward Vert. Fig. 8's: both batons loop simultaneously on the outside, then on the inside. Execute eight (8) times. **Finish** in Ready position.

FORWARD VERTICAL FIGURE 8's - PARALLEL SHADOWING

READY - Face Wall 8, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - Forward Vert. Fig. 8's: both Batons loop in the back plane (as the RB loops on the outside, the LB loops on the inside), then both batons loop on the front plane (the RB loops on the inside as the LB loops on the outside). Execute eight (8) times. **Finish** in Ready position.

FORWARD VERTICAL WRIST TWIRLS - SYNCHRONIC

READY - Face Wall 8, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - RB rotates in a Forward Vert. pattern on the inside of the arm while the LB Ball rotates in a Forward Vert. pattern on the inside of the arm. Tips rotate on the outside of both arms. Execute eight (8) times. **Finish** in Ready position.

REVERSE VERTICAL FIGURE 8's - SYNCHRONIC

READY - Face Wall 6, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - Rev. Vert. Fig. 8's: both batons loop simultaneously on the inside, then on the outside. Execute eight (8) times. **Finish** in Ready position.

REVERSE VERTICAL FIGURE 8'S - PARALLEL SHADOWING

READY - Face Wall 6, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - Rev. Vert. Fig. 8's: both batons loop in the front plane (as the RB loops on the outside, the LB loops on the inside), then both batons loop in the back plane (as the RB loops on the inside, the LB loops on the outside). Execute eight (8) times. **Finish** in Ready position.

FORWARD VERTICAL WRIST LOOPS - SYNCHRONIC

READY - Face Wall 8, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - Forward Vert. Fig. 8's (see #1): slide both batons to TIP. RB and LB both rotate CW in a Forward Vert. pattern on the outside of both arms. Execute eight (8) complete loop rotations. **Finish** in Ready position.

REVERSE VERTICAL WRIST LOOPS - SYNCHRONIC

READY - Face Wall 6, feet in Jazz 1st. Hold RB and LB at mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - Rev. Vert. Fig. 8's (see #4): slide both batons to TIP. RB and LB ball rotates CW in a Reverse Vert. pattern on the outside of both arms. Execute eight (8) complete loop rotations. **Finish** in Ready position.

HORIZONTAL WRIST TWIRLS - SYNCHRONIC

READY - Face Wall 5, feet in Jazz 1st. Hold RB out to Corner 1 and LB out to Corner 2, mid-shaft (TTB) at shoulder level, parallel to the floor.

BEGIN - RB rotates in a horiz. pattern towards the body and over top of the R arm, while the LB Ball rotates in a horiz. pattern away from the body. Both the R and L Tips must rotate under each arm. Execute eight (8) complete Horiz. Wrist Twirls. **Finish** in Ready position.

FORWARD VERTICAL LOOPS INTO REVERSE VERTICAL LOOPS

READY - Face Wall 8, feet in Jazz 1st. Hold RB and LB mid-shaft (TTB) out at shoulder level perpendicular to the floor.

BEGIN - ½ Vert. Forward Fig. 8's (see #1) slide both batons to Tip. RH and LB Ball rotates CW in a Forward Vert. pattern on the outside of both arms, four (4) complete loops. Pull batons down (Ball to floor), ½ pivot turn to R to face Wall 6 - continue looping Batons while facing Wall 6. Execute four (4) complete reverse loops to each wall. **Finish** in Ready position, facing Wall 6.

VERTICAL WRIST TWIRLS AND HORIZONTAL WRIST TWIRLS, WITH ½ PIVOT TURNS - DUAL PATTERN COMBINATION

READY - Face Wall 5, feet in Jazz 1st. Hold RB (TTB) mid-shaft, out at shoulder level, perpendicular to the floor – out to Wall 8. Hold LB (TTB) mid-shaft, out at shoulder level, parallel to the floor – out to Wall 5.

BEGIN - RB Vert. Wrist Twirl: baton rotates eight (8) times LB Horiz. Wrist Twirl: baton rotates eight (8) times. Stop with both batons parallel to floor – RB out to Wall 8, LB out to Wall 5.

Cradle RB and pull RA in front of body while cradling LB and pull LA behind back while performing a ½ pivot turn L to face Wall 7.

Start in Ready position, facing Wall 7 (RB out to Wall 7, LB out to Wall 8):

RB Horiz. Wrist Twirl: baton rotates eight (8) times.

LB Vert. Wrist Twirl: baton rotates eight (8) times

Stop with both batons parallel to floor – RB out to Wall 7, LB out to Wall 8.

Cradle RB and pull RA in front of body while cradling LB and pull LA behind back while performing a ½ pivot turn L to face Wall 5.

Finish facing Wall 5:

RB (TTB) mid-shaft shoulder level, parallel to floor – out to Wall 8.

Hold LB (TTB) mid-shaft shoulder level, parallel to the floor – out to Wall 5.