C.25 | Candlestick Roll Ups to Two Feet Drill Skill Module - Full Body Conditioning













- Athlete stands tall.
- Athlete brings arms up straight by ears.
- Athlete squats, rolls backward from hips to lower back to upper back to a hold with straight legs in a candlestick .
- Athlete then rolls up to a standing position. To add more difficulty have the athlete roll up and finish with a straight jump.
- Arms stay by the ears the entire time.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

Tips & Tricks