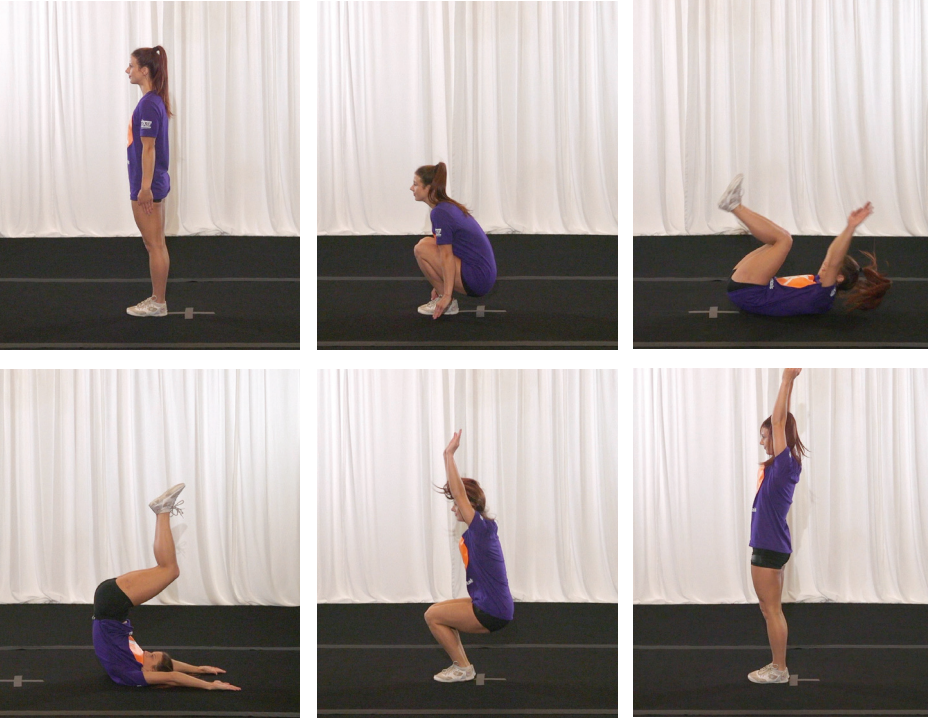


C.27

Candlestick Tuck Rolls to Stand

Drill Skill Module - Full Body Conditioning



- 1 Athlete stands tall.
- 2 Athlete brings arms up straight by ears.
- 3 Athlete squats, rolls backward from hips to lower back to upper back. Instead of extending the legs like a traditional Candlestick, the athlete keeps the legs tucked. As the hips lift, the shins should face the wall behind the athlete's head. Toes should be pointed at the ceiling.
- 4 Athlete then rolls up to a stand.
- 5 Arms stay by the ears the entire time.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:
