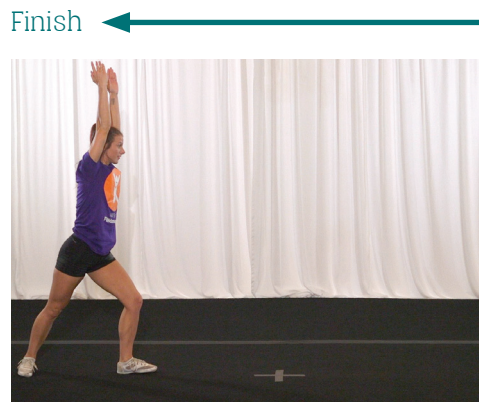
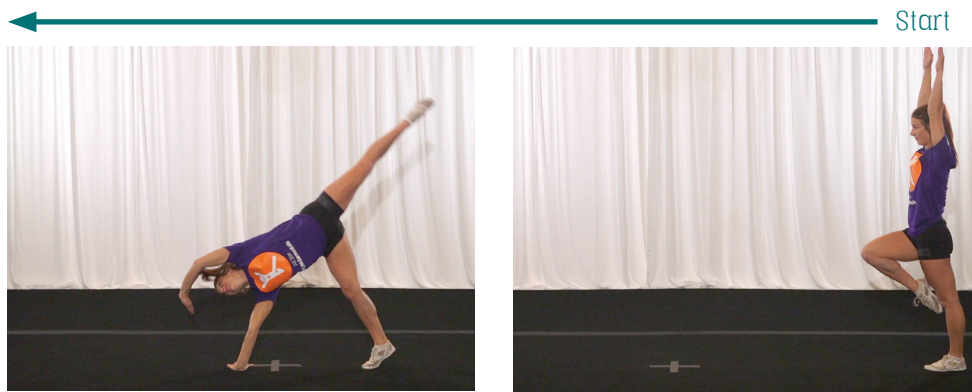


T.1

Near and Far Arm Cartwheel

Drill Skill Module - Tumbling

Description: Intro to Near and Far Arm Cartwheel



- 1 Body starts in a lunge with front leg bent and back leg straight, facing forward with shoulders over front knee and toes on front foot.
- 2 Lever to the ground with front leg still bent.
- 3 As athlete touches the ground (with only one of the arms) turn the whole body $\frac{1}{4}$ to the side, smelling upper armpit pushing off front leg into a side Handstand with legs spread apart.
- 4 Free arm can be anywhere that is comfortable. Try keeping it close to the body to keep clean lines.
- 5 While passing through vertical to the ground do a $\frac{1}{4}$ turn again with whole body and lever back to lunge.

Supplies / Aids:

Video

Equipment Needed:

- 1 Cheer mat
- 2 Various assorted size mats
- 3 Cheese mat

Notes:

Tips & Tricks

Additional drills / variations

- 1 Start in a lunge with arms straight above head squeezing ears. Lift back leg, keeping a straight line from fingers to toes of lifting leg. Continue lifting the back leg forcing the arms to the floor. Right before the hands touch the floor, $\frac{1}{4}$ turn the hands and kick up to Handstand facing sideways- return to lunge.
- 2 Work on Cartwheel between two panel mats to ensure proper Handstand position with straight body.
- 3 Cartwheel over panel mat. Place mat in front, so the narrow portion is in front of hips and the panel goes right to left. Step into a lunge and while levering over, place hands on panel mat. Hit the Handstand on top of panel mat while levering over to finish, as feet land on the opposite side of the panel mat in a lunge.
- 4 Perform Cartwheel in front of a wedge on its base making sure that legs are straight and back is not arching.

