

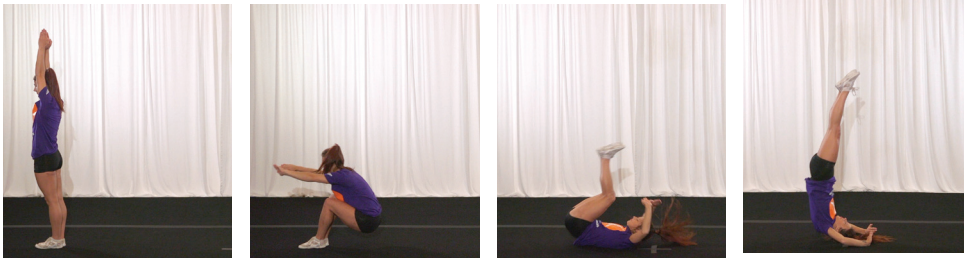
T.10

Backward Roll to Extension / Candlestick Roll to Stand

Drill Skill Module - Tumbling

Description: Intro to Backward Roll to Extension / Candlestick Roll to Stand

Start



Finish



- 1 Starts in a standing position. Squat to the floor with buttocks touching first, then lower back, then upper back.
- 2 As athlete rolls to upper back, bend arms backwards by ears with fingers pointing to shoulders.
- 3 Push through arms to an extended position in a Handstand.
- 4 Lever out into a lunge.

Choreography Counts:

Counts	Conditioning
1	Stand tall in good posture
2	Squat and roll back with hands by ears
3	Pass through Handstand
4	Step front lunge leg down with arms by your ears
5	Lever to lunge
6	Planks, T rockers
7	Bird Dog
8	Candlestick rolls one and two legs
	Rubber band exercises
	Shoulder presses and push ups

Supplies / Aids:

Video

Equipment Needed:

- 1 Cheer mat
- 2 8 in landing mat
- 3 Wedge

Games

- 1 See who can hold the Handstand portion the longest

Notes:

Tips & Tricks

Additional drills / variations

- 1 Roll to Candlestick from a squat position.
- 2 Roll down wedge mat on an 8 inch mat.
- 3 Roll down just a wedge mat.
- 4 Work Handstands lever down to lunge.
- 5 Stand on a folded panel mat. Squat / roll on top of the mat. Head and upper shoulders should be off the end of the mat. Hands reach for the floor and push through the extension.