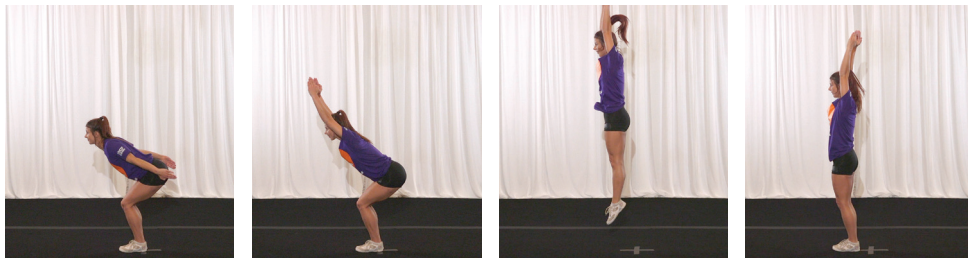


T.12

Sit Swing Jump

Drill Skill Module - Tumbling

Description: Intro to Sit Swing Jump



- 1 Start standing in good position. With arms locked out straight in front, (or above head, hugging ears) begin to sit back, similar to that of sitting in a chair and bring arms back past legs.
- 2 While bringing arms forward again (always keeping them locked out) begin to straighten legs, push against the ground through toes, and jump locking out legs and pointing toes.

Supplies / Aids:

Video

Equipment Needed:

- 1 Cheer mat
- 2 Panel mat

Notes:

TUMBLING

Tips & Tricks

Additional drills / variations

- 1 Always keep legs together and core tight.
- 2 Work sitting back against the wall and hold for 30 seconds.
- 3 Place a panel mat behind body. Do the sit swing jump and land on the panel mat with arms above head.