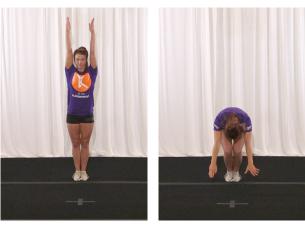
T.13 Forward Roll Drill Skill Module - Tumbling

Description: Mastering the Forward Roll.





- Athlete squats and places hands a little in front of their body. Look at belly button.
- Leaning forward from heels to toes, place hands on the ground in front of you.
- Resisting slightly with arms place back of neck/upper back/shoulders (looking at belly button) on the floor rolling through a tuck position.
- Stay in tuck and finish the roll onto feet. As you roll onto your feet reach forward and up to a standing position.

Supplie Video	
Video	
Notes:	

TUMBLING