

T.2

Blocking

Drill Skill Module - Tumbling

Description: Intro to Blocking. Blocking is a skill that allows the body to become upright again when inverted in a skill.



- 1 When hands touch the surface, begin the process of pushing the mat / floor out of the way.
- 2 Shrug completely through shoulders and squeeze shoulder blades together while pushing back with arms.

Conditioning

- 1 Planks
- 2 Shoulder lifts, presses
- 3 Hamstring two or one leg bridges
- 4 Candlestick roll ups to two or one leg
- 5 Clam shells, side v ups

Supplies / Aids:

Video

Equipment Needed:

- 1 Cheer mat
- 2 Mat against a wall
- 3 Landing mat

Notes:

Tips & Tricks

Additional drills / variations

- 1 Work blocks against the wall. Step about 12 inches from a wall. With arms locked above head and hugging ears, lean towards the wall until hands touch. Keep core engaged and body in a straight body position. Focus on shrugging shoulders and pushing the wall away, then lean back towards the wall. Can be done repetitively. *Remember to not bend arms.
- 2 Handstand hops - step into a Handstand on the cheer floor and as soon as hands touch the ground, block using shoulders and hold the Handstand position. This is just a little bounce using shoulders; do not bend arms. Core should be engaged, legs locked out with toes pointed, arms locked, and hugging ears.
- 3 In a strong Push Up position, block through shoulders and push the ground away. Keep body straight; don't sink stomach. Arms should remain locked out and hands directly below shoulders.

