T.3

Front Walkover Drill Skill Module - Tumbling

Description: Intro to Front Walkover







Finish







- Lunge forward from a stand. Lever to the ground on bent front leg.
- As hands touch the ground push off front leg to arrive in a Handstand position with straight legs split.
- 3 Lift head, arms, and upper body to be in line with back leg in a back lever to stand up.
- 4 Finish the stand by reaching the front leg forward to help pull your hips over the back leg.

Teaching Counts:

Counts				
1	Stand clean			
2	Lift arms up by ears			
3	Lunge forward and Lever to Handstand with legs split			
4	Back Lever up to stand			
5	Clean			
6				
7				
8				

Conditioning

- Two leg hamstring bridges
- 2 Candlesticks two leg rolls or up to one leg, fire hydrants
- 3 Cat backs, shoulder lifts
- 4 Single leg lifts on ground sitting in a pike withone1 leg bent
- 5 Levers

Supplies / Aids:

Video

Equipment Needed:

- Cheer mat
- 2 Wall

Games:

See who can land with front leg lifted up at the end.

Notes:

Tips & Tricks

Additional drills / variations

- Levers front and back.
- 2 Bridges against the wall.
- 3 L Handstands- Hit a Handstand position and have legs in a "L" shape. Keep core tight and arms locked out.
- Having worked L Handstands, try doing them and touch a wall with the front leg.
- 5 From the Bridge position, extend one leg and stand up by levering.