

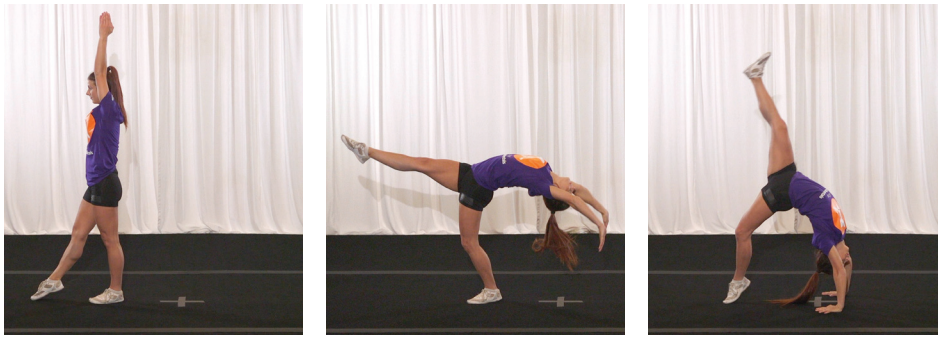
T.4

Back Walkover

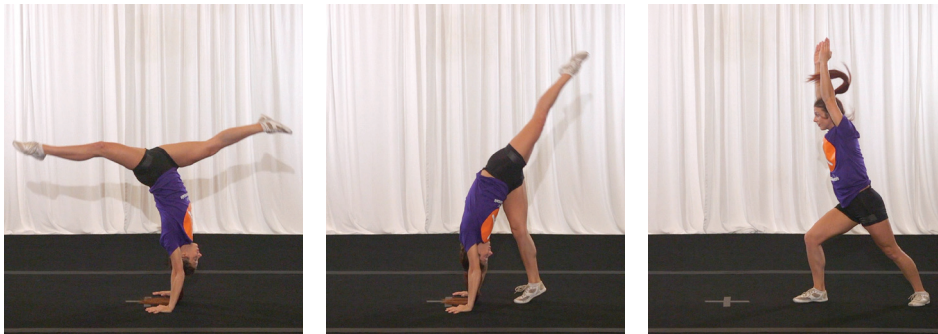
Drill Skill Module - Tumbling

Description: Intro to Back Walkover

Start



Finish



- 1 Stand in a tall straight position with favorite leg out in front extended with toes pointed touching floor with no weight on the front foot.
- 2 Lift front leg, keeping it in line with top of body with arms by ears and levers backwards to a T.
- 3 Stretch through upper back and arrive in a Handstand with legs split.
- 4 Front lever out to arrive in a lunge.

Choreography Counts:

Counts		Conditioning
1	Stand tall in good posture	1 Hamstring two foot bridge
2	Put arms up by ears and front foot forward	2 Candlestick rolls up to two feet or one foot
3	Lever backward to Handstand	3 Calf raises
4	Lever out	4 Planks
5	Bring chest up and end in a lunge	5 Leg lifts from pike position with one leg bent
6		
7		
8		

Supplies / Aids:

Video

Equipment Needed:

- 1 Cheer mat
- 2 Wall
- 3 Panel mat

Games:

- 1 See who has the straightest legs.
- 2 See who can do it with no bend in lower back.

Notes:

Tips & Tricks

Additional drills / variations

- 1 Work on front levers.
- 2 Stand with back to a wall. Reach up and back. Walk hands down a wall into a Bridge with one leg up.
- 3 Work Back Walkovers using a panel mat. Get in a Bridge position with feet on panel mat and hands on the floor.
- 4 Practice Handstand with legs split. Remember to keep core tight.
- 5 Work on back levers.