

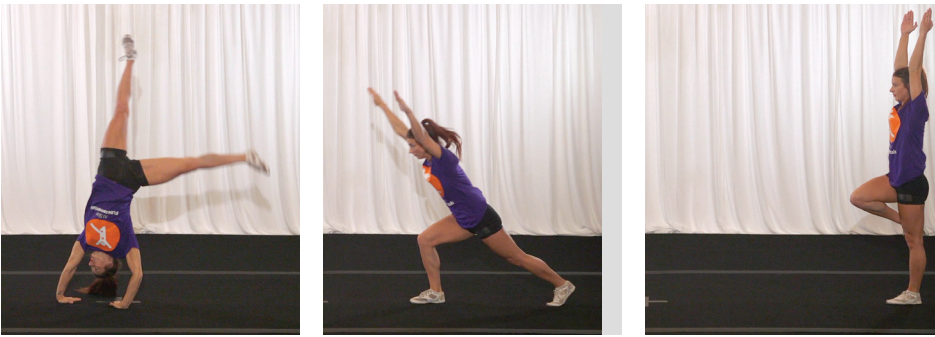
# T.7

## Round Off

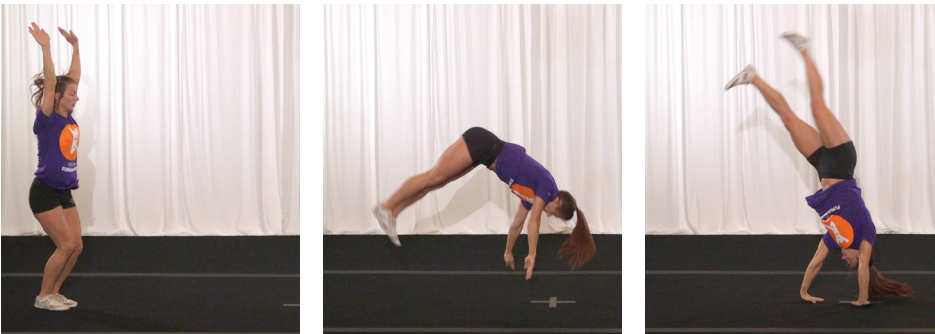
Drill Skill Module - Tumbling

**Description:** Intro to Round Off

Start



Finish



- 1 Fall into a lunge and levers to the floor on bent front leg.
- 2 As hands touch floor, ¼ turn with whole body, turning second hand backwards with fingers facing other hand ("T" hands) enabling body to pass through a side Handstand and a 1 / 4 turn of body, pushing off of front leg, with legs coming together shortly after vertical.
- 3 At the same time, block or push through shoulders squeezing shoulder blades together so that arms and body arrive slightly behind feet, encouraging momentum into Back Handspring.
- 4 When landing, legs should be together and arms locked out, hugging ears.

### Choreography Counts:

Counts	Conditioning
1	Stand tall in good posture
2	Lunge forward
3	Lever to the ground and turn
4	Legs should be together and ¼ turn
5	Land with your arms by your ears
6	
7	
8	

1	Hamstring twp leg bridge
2	Candlestick rolls up to two feet to a tuck jump
3	Fire hydrant
4	Lunge kicks
5	Lever airplanes
6	Shoulder lifts

### Supplies / Aids:

Video

### Equipment Needed:

- 1 Cheer mat
- 2 Panel mats
- 3 Wedge
- 4 Rubber bands

### Games

- 1 See who can have the most power out of the Round Off

### Notes:

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### Tips & Tricks

Additional drills / variations

- 1 Lay three Folded Panel mats down side by side - long side, space, long side of the next mat. (This can also be done with Velcro strips.) Stand on the first one panel mat. Step the front leg goes to the second panel mat and reach your arms / hands for the third panel mat. Round off the third mat and land on the floor. This drill is working on stretching the approach out.
- 2 Teepee Drill- Turn a panel mat into a teepee. Lunge and place hands in front of the teepee. Round off over the mat and land on the other side with arms up by ears.
- 3 Round off up the diagonal of a wedge or cheese mat.
- 4 Put two rubber bands around the knees and practice the Round Off.

