T.9 Rebound Up to Mats (Set) Drill Skill Module - Tumbling

Description: Intro to Rebound / Set









Execute a Round Off.

Upon completion of Round Off, punch off the floor with a tight body up onto a mat of any height arriving in a stand on top of mat.

Conditioning



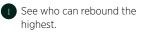
2 Planks, T rockers



4 Candlestick roll one or two leg

5 Shoulder lifts and presses

Supplies / Aids: Video Equipment Needed: Cheer mat Mats stacked Games



Notes:

Tips & Tricks

tional drills / variations

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Take a panel mat or two and stack them. Jump off the panel mats and while landing, immediately absorb and jump back up onto the mat.

2 Work Round Off rebounds where landing on floor and then rebound up and back on to a mat.

3 Work running Hurdle rebounds (run run hurdle rebound, run run hurdle rebound).