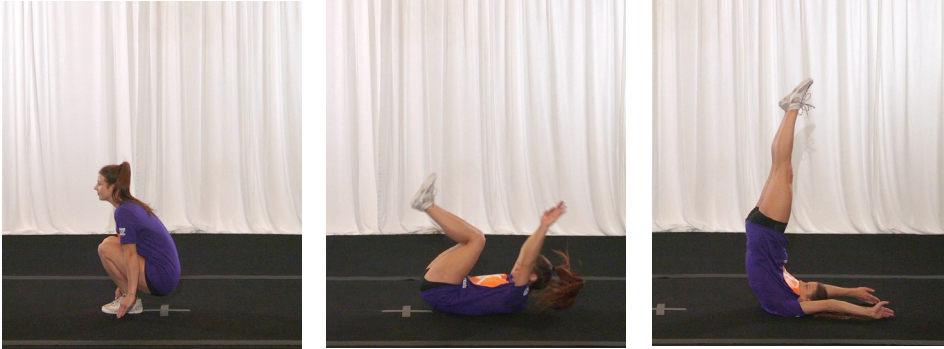


T.1

Candlestick Drill Skill Module - Tumbling

Description: Intro to Candlestick



- 1 From a sitting position on the ground - athlete brings lower back to the floor followed by upper back and rolls so just the shoulders and head are on the ground while arms are stretched out straight by their ears.
- 2 Body is extended upward in a straight line with belly button pulled into lower back, glutes squeezed, and toes pointed.
- 3 No part of the body is behind the head and the body is not in a piked position.
- 4 The hips, knees and toes are straight up over the shoulders.

Tips & Tricks



- 1 Put arms down by side and hold glutes/hips up with knees bent, shoulders lined up with knees and toes. (Video)
- 2 With Arms straight by ears and laying on back. Lift your hips off the ground, pull legs to a tucked candlestick. Glutes are squeezed and shoulders are lined up with knees and toes. (Video)
- 3 Arms by the side holding glutes up extending legs completely. Do this against the wall. (Video)
- 4 Arms extended overhead by ears and hold extended legs completely against the wall. (Video)
- 5 Candlestick completely straight unaided with hands holding glutes. (Video)
- 6 Candlestick completely straight unaided with hands straight by ears. (Video)

Supplies / Aids:

Video

Equipment Needed:

- 1 Wall

Games:

- 1 See who can get the straightest!
- 2 See who can hold a candlestick for 3 seconds?

Notes:
