T.11 Forward Straddle Roll

Drill Skill Module - Tumbling

Description: Intro to Forward Straddle Roll

1. Athlete starts standing, with legs straight and stepped apart in a standing straddle position. Legs need to be wide enough apart for the hands to touch the floor.
2. Keeping the legs straight, reach forward and place hands on the ground.
3. Lift heels and roll forward pushing off the toes keeping legs straight.
4. Resisting slightly with arms, roll forward and place back of neck/upper back/shoulders on the floor rolling to a sitting straddle position.
5. Place hands on the floor in front of you and push through the arms to stand back up in the straddle.
6. Legs remain straight and in the wide position as your push to the straddle stand.

Drill Counts:

Counts	
1	Stand in good posture with wide straddle legs
2	Place hands in the ground in front of you
3	Roll forward pushing off your toes, placing back of neck/upper back/shoulders on the floor
4	Continue the roll
5	Hands reach / push off the floor in front of the straddle sit
6	Push to a stand
7	Finish the straddle stand
8	

Supplies / Aids:

Video

Equipment Needed:

1. Cheer mat
2. Incline / Wedge Mat

Notes:

Tips & Tricks

1. Make sure your legs aren't too wide- they should not make your shoulders go below your waist.
2. Keep your legs straight through the entire roll and as you stand up.
3. Your hands and arms stay between your thighs.
4. Try the roll down a incline mat.
5. Make sure you master a Forward Roll before you work on Straddle Rolls.