

T.4

Safety Roll

Drill Skill Module - Tumbling

Description: Intro to Safety Roll. The Safety Roll is taught so when an athlete falls they learn to not to reach and put their hands on the ground. This will protect their arms from taking the blunt force of a fall and breaking.



- 1 Athlete squats and crosses arms in front of their chest. Look at their belly button.
- 2 Leaning forward from heels to toes, tuck your head and resist the urge to place hands on the floor.
- 3 Place side of the shoulder and upper back (looking at belly button) on the floor rolling through a semi tuck position.
- 4 Stay in a tuck and finish the roll onto your feet.
- 5 Finish the roll onto one knee stepping forward to a standing position.

Drill Counts:

Counts	
1	Squat / cross arms over chest
2	Tuck your head and start a shoulder roll, keep arms crossed over chest
3	Roll forward over the side of the shoulder, upper back
4	Continue to roll
5	Stand
6	
7	Finish Stand
8	

Supplies / Aids:

Video

Equipment Needed:

- 1 Two Cheese Mats
- 2 Flat Mat Either Panel or 4/8" Landing Mat

Games:

- 1 Forward roll relays
- 2 Stick and stand

Notes:

Tips & Tricks



- 1 Roll down an incline mat. (Video)
- 2 Tuck. Rock- rock back and forth in tuck position then stand up with arms by your ears.
- 3 Candlestick tuck rolls. (Video)
- 4 Place two folded panel mats close together. Roll between the two mats. (Video)
- 5 Lay on a folded panel mat, hit candlestick tuck position, place hand on floor and roll off the panel mat to a stand. (Video)