

T.9

Table Top

Drill Skill Module - Tumbling

Description: Intro to Table Top



- 1 Sit in a tucked position on the floor with your arms straight by your sides with fingers facing forward on the floor.
- 2 Lift your core up (hips and belly button) until your body is flat like a table (knees, hips, belly button and shoulders should be in a straight line).

Supplies / Aids:

Video

Equipment Needed:

- 1 Cheer Mat
- 2 Block

Games:

- 1 Have races in Table Tops.
- 2 See who can hold a Table Top the longest.

Notes:

Tips & Tricks



- 1 Walk in Table Tops (similar to crab walks). (Video)
- 2 Lift hips up and down. (Video)
- 3 Start with feet on a low mat and push up into Table Top. (Video)
- 4 Hamstring 2 foot bridges - Lay on your back with your knees bent and feet on the ground. Place weight in your heels and pull the toes up. Lift your core up (hips and belly button), shoulders stay on the ground. (Video)
- 5 Sit with arms on floor - lift chest, hips and pull back down. (Video)