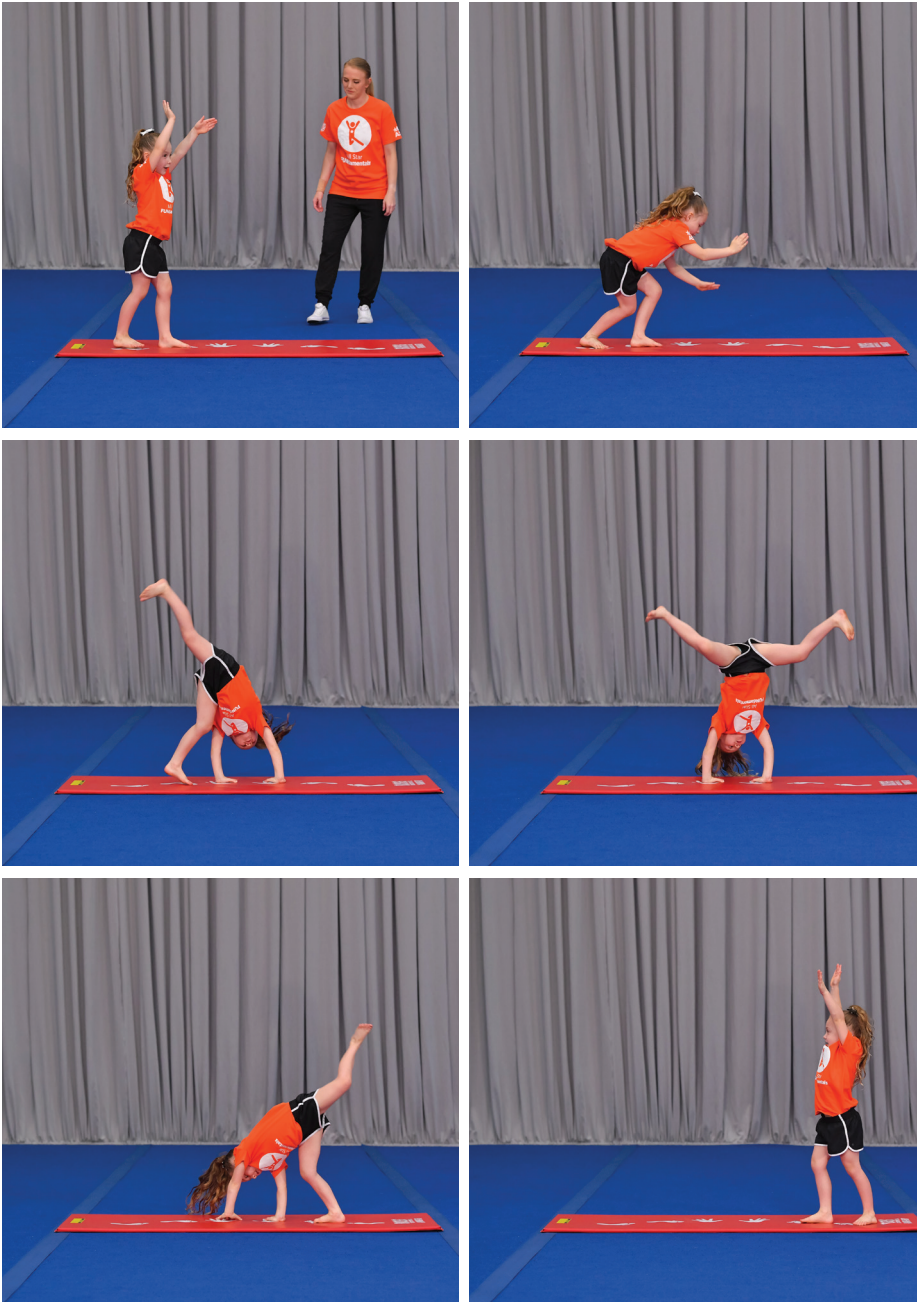


# PT.14

## Cartwheel

Drill Skill Module - Tumbling

**Description:** Intro to the Cartwheel



- 1 Start in a lunge with front leg bent and back leg straight facing forward with shoulders over front knee and toes on front foot.
- 2 Levers to the ground with front leg still bent.
- 3 As the athlete touches the ground, turn whole body  $\frac{1}{4}$  turn to the side, smelling armpit while pushing off the front leg into a side handstand with legs spread apart.
- 4 As the athlete passes through vertical to the ground, do a  $\frac{1}{4}$  turn again with whole body looking under that armpit, spot the ground where they want to place first foot and lever back to lunge.

### Supplies / Aids:

Video

### Equipment Needed:

- Cheer mat
- Vinyl circles, carpet squares or use chalk to draw ears
- Panel mat
- Cheese mat/wedge

### Notes:

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### Tips & Tricks

Additional drills / variations

- 1 Draw Mickey Mouse ears on floor (or use other resources) to show where hand placement goes.
- 2 Work on cartwheel between to panel mats to make sure athlete is hitting the handstand position with a straight body.
- 3 Cartwheel over panel mat. Place folded mat in front so the narrow portion is in front of hips and the panel goes right to left. Stepping into a lunge, the athlete levers over and places hands on the panel mat. Hitting the handstand on top of panel mat, the athlete levers over to finish, feet landing on the opposite side of the panel mat in a lunge.

