Description: Intro to the Backward Roll

1. Start in a squat with arms in pizza ears or bunny ears with palms facing up.
2. Chin tucked in and looking at belly button.
3. Lower hips to the floor.
4. Continuing in a fluid motion, bring lower back to the floor followed up upper back.
5. Keep knees in towards chest while bringing toes over head.
6. Continue looking at belly button the entire time.
7. Push through hands and arms to arrive in a squat position.
8. Finish by standing up and reaching arms up to the ceiling, squeezing the ears.

Work toward doing this skill with straight arms squeezing shoulder blades together through progression. Work on toes touching the floor behind the head and not the knees.

Tips & Tricks

Additional drills/variations of the backward roll to push up position
1. Stand on a folded panel mat. Squat and roll so head is just of the edge off a folded panel mat, allowing hands to reach for floor.
2. Do the roll between two folded panel mats squeezed together except for a small opening for the head to fit.
3. Do the roll down an incline/wedge mat.

Supplies / Aids:
- Video

Equipment Needed:
- Cheer mat
- Various assorted size mats
- Cheese mat

Notes:
PT.15  Backward Roll - Variation
Drill Skill Module - Tumbling

*Description:* Backward Roll - Variation

1. Start by grabbing the opposite arms elbows, above your head.
2. Chin tucked in and looking at belly button.
3. Lower hips to the floor.
4. Continuing in a fluid motion, bring lower back to the floor followed up upper back.
5. Keep knees in towards chest while bringing toes over head.
6. Continue looking at belly button the entire time.
7. Push through forearms (holding the elbows the entire time) to arrive in a squat position.
8. Finish by standing up.

*Notes:*