PT.8 Log Roll/Pencil Roll

Drill Skill Module - Tumbling

Description: Intro to Log Roll/Pencil Roll. This position is necessary for the athletes to learn how to engage their core and to twist without letting their shoulders or hips fall behind the other.

1. Start lying down
2. Arms should be by the ears, squeezing the side of the head
3. Head should be in a neutral position
4. Legs should be straight and squeezing together
5. Stomach should be tight and a small hollow body position formed
6. Keeping the body from fingers to shoulders to hips to knees to toes in one line the athlete will roll from their back to their stomach and then to their back.

Supplies / Aids:

Video

Equipment Needed:

- Incline mat
- Flat mat, either panel or four to eight inch landing mat

Notes:

Tips & Tricks

1. Roll down an incline mat. (Video)