

T.2

Skill: Round Off Back Handspring Tuck

Novice SELECT Level 3 Tumbling

PREREQUISITES: Round off back handspring series with at least three back handsprings (maintaining or increasing speed)

DESCRIPTION:

Entry - Round Off Back Handspring:



Fall/step into a lunge with front leg bent and back leg straight facing forward with shoulders over front knee and toes on front foot



The athlete levers to the ground with front leg still bent (below 45 degrees, four toe to heel steps should be the correct distance to reach)



As hands touch floor, 1/4 turn with whole body, turning second hand backwards with fingers facing other hand ("T" hands) enabling body to pass through a side handstand and a 1/4 turn of body, pushing off of front leg, with legs coming together shortly after vertical

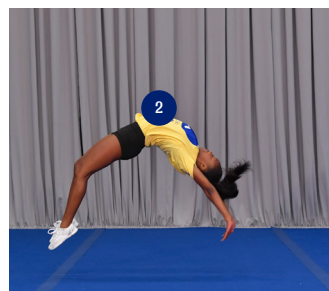
Entry - Round Off Back Handspring:



At the same time the legs come together, block or push through shoulders squeezing shoulder blades together so that arms and body arrive slightly behind feet, which are slightly in front of the hips encouraging momentum into back handspring



Reaching arms behind ears and jump by pushing through your toes



Stretch through upper back passing through handstand

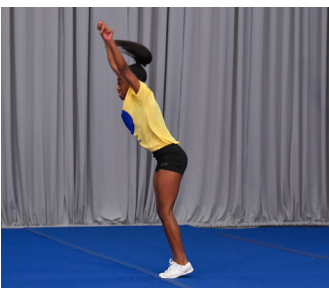
Middle: End of Back Handspring/tuck



Blocking arms off surface



Snap legs down to arrive at a standing position with arms by ears



Punch into the set with a straight body

Continued on next page.

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

• Jump to a candlestick on stacked mats, sit, swing, jumps up to mats, lie in candlestick on stacked mats with only ponytail hanging off, then tuck slightly and roll off to a stand into a lower soft mat

Notes:

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Exit:



Pull shins and toes over head in a candlestick tuck position - letting body rise and meet arms when you are inverted (grabbing knees or under thighs is acceptable as well)



Watch your shins and toes until they land in an athletic stance



Athletic stance

Notes:

Series of horizontal lines for taking notes.



Safety:

- 1 Keep head in a neutral position (entry, middle, exit)
- 2 Engage core to protect the lower back (entry, middle, exit)