

BACKWARD ROLL



1. Begin in a crouched position, hands out in front ready to be placed beside head.
2. Sit back onto seat, hips close to feet.
3. Place hands in position early, flat on floor, close to head, fingers pointing towards feet, thumbs to ears.
4. Back rounded, tuck in tightly.
As hips move over head push hard from hands, remain tucked
5. Maintain push, land on balls of feet.

DIFFICULTIES WITH BACKWARD ROLL



Unable to get to feet / or move backwards . . . opening out too early in the movement.



Weak push . . . can be caused by hands incorrectly placed.



Crooked roll . . . is the result of an uneven push from hands.

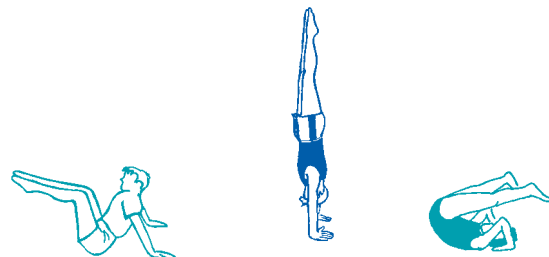


Unable to complete the roll . . . due to lack of momentum. Practise rocking backwards and forwards emphasising heels close to hips, chin to chest.

VARIATIONS FOR BACKWARD ROLL

Rolling to different finishing positions:

- to one foot / two feet
- to front support
- to hands and knees
- to one knee/two knees
- to handstand



Rolling from different starting positions:

- from straddle position standing / sitting
- from a 'V' sit with knees tucked
- from two feet / one foot sitting / standing
- from a jump