

Safety Rolls

- 1) Back safety roll – as you fall backwards roll backwards with arms above your head – back rounded – chin tucked in – arms banging to floor before head
 - 2) Front safety roll – as you fall forward roll forwards – tuck head to chest – dip one shoulder to side – place arm along mat – roll over one shoulder
- Intent of both rolls is to dissipate the force of the landing by attenuating

Roll Variations it over the extent of the roll.

- 1) Pencil roll – roll with arms above head & body tight
- 2) Log roll – roll with arms by side and body tight
- 3) Egg roll – roll in a tucked position
- 4) Side roll – 1 knee to 1 knee – roll sideways across shoulders
- 5) Side roll - 2 knee to 2 knee – roll sideways across shoulders
- 6) Dolly roll – sit in straddle & roll to one side, back and other side

Forward Roll

- 1) Rock and roll
- 2) Rock and roll reach to partner and stand
- 3) Hand-hips high- roll
- 4) Roll down an incline
- 5) Forward roll tuck to tuck

Key Points: Cues:

- hips high Flat hands
- place back of head on ground Tuck your head
- back stays rounded Round & roll
- heels by bottom reach forward

Spotting:

- hands on hips, lower to ground, tuck head underneath

Variations:

- Straight leg & pike leg forward roll
- Forward roll to straddle
- Forward roll step out 1 foot
- Forward roll to kneel (side & 1 knee up)
- Forward roll with straight legs to stand (very difficult)

Backward Roll (typically do not teach in schools)

- 1) Rock and roll with bunny ears
- 2) Sit on cheese and roll back with bunny ears
- 3) Squat to rock and roll
- 4) Back roll with a spot
- 5) Back roll from squat to squat

Key Points: Cues:

- hands by ears and push hard Hands flat & push
- stay tucked Tucked like a ball
- good momentum to get over

Spotting:

- once gymnast has started rolling place hands either side of hips and lift as they roll over the head

Variations:

- Backward roll to straddle stand
- Backward roll to straddle sit
- Backward roll to 1 leg stand
- Backward roll with straight leg entry