**3. Floor: roll forward, roll forward straddle, roll backward, roll backward pike,**

**roll backward to handstand,** **dive roll**

1. Number the rolls in the order you would teach them:

\_\_\_\_\_ roll backward to handstand \_\_\_\_\_ roll forward

\_\_\_\_\_ dive roll \_\_\_\_\_ roll backward pike

\_\_\_\_\_ roll forward straddle \_\_\_\_\_ roll backward

1. How can we mechanically accelerate the rotation of the body during the forward roll, especially at its completion?

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1. The basic fault that stops the rotation of the roll forward straddle is

a) a flexed head

b) heels touching the ground earlier than the hands

c) insufficient heel support

1. Flexibility is important for the roll forward straddle. Try a seated straddle, hands on your shoulders, elbows on the floor. Can you do a 10-second hold in this position?

YES NO

1. What is the basic purpose of spotting in backward rolls?

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1. Propose 3 drills that can be used for both roll backward, roll backward pike and roll backward to handstand.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. What are the possibilities to make the conditions of roll backward training easier? Write at least 2.

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1. Write at least 3 basic steps in dive roll drill in the proper order.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_