

**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 |

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

3. 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

4. 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

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

6. Propose 3 drills that can be used for both roll backward, roll backward pike and roll backward to handstand.

a) _____

b) _____

c) _____

7. What are the possibilities to make the conditions of roll backward training easier? Write at least 2.

8. Write at least 3 basic steps in dive roll drill in the proper order.

a) _____

b) _____

c) _____