

7. Floor: handspring, headspring

1. In which parts of the body should we develop flexibility for handspring?

2. To bounce off the hands as powerfully as possible during handspring, their contact with the mat has to be

a) as long as possible b) as short as possible

3. What moments of force give the body rotation into the handspring?

a) _____

b) _____

c) _____

4. Decide whether it is a fault in the handspring or not:

	YES	NO
hands put on the floor away from the foot		
head is flexed when hands reach the floor		
slow swing of the lower limb		
head extension in the flight phase of the handspring		

5. How can we work on the quick swing of one leg that is important for handspring initiation?

6. What is the appropriate physical preparation for headspring? Write 3 exercises.

a) _____

b) _____

c) _____

7. For both handspring and headspring we provide assistance in a similar way. Where do we hold the gymnast when spotting?

with one hand _____ with the other hand _____

8. What can we use to facilitate the execution of headspring in the phase of drill?

9. For both handspring and headspring it is an advantage to be able to perform a bridge. Can you hold a 5-second bridge from a lying on the ground?

YES

NO