

# Technical Preparation for the Back Stalder and Late Toe-On

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## Backward Stalder Circle

*(Note: The late toe-on is an excellent progression to teach this drop for stalders. I would strongly suggest teaching a good late toe on first.)*

**Prerequisites:** all from late toe-on, plus:

**Flexibility:** Pike and straddle Compressions requires good hamstring and lower back flexibility; proper position of shoulders in HS; proper position of back in a press HS.

**Strength:** V-ups, crunchers, leg lifts (piked and straddled), abdominal curls, "V"-hang on low bar, straddle press to HS, slow pike down from HS, sitting pike and straddle "leg-raises".

**Drills:** "Rock" on parallettes to feel the shoulders opening as the hips flex into the drop  
Piked and straddled "basket" swings.

Straddle and piked sole and seat circles around the bar. Jump from floor to pike sole circle off, and around— increase height of starting surface to the same; add a late straddle through to a stalder "rock" and return; then to around the bar and then progressively working up to a straddled HS.

**Common Errors:** "Straddling" on top of the bar (early entry) before the COG has started to fall back into the circle. Not compressing deep enough to stay in position at the "bottom" of the swing (coming out too soon); not keeping shoulders over the bar to control the body shape into the drop.

**Spotting:** To spot the "drop" catch the gymnast at the top of a horizontal cast and hold; round the hips and help them into the "round" pike position and help their legs into a narrow straddle around the bar—body is at 90°, or horizontal.

To spot the stalder around, stand in front of the bar; when the gymnast begins to circle up; spot the lower back and/or shoulders and help them around the bar until standing on top of the bar again. Teach them at this phase how to jump off properly if they are "short" in the circle and how to "roll" their grasp back under the bar if they cannot jump off. Eventually finish in a straddle "half-HS", like halfway through a press.

**Teaching Hints:** Use the pike sole to encourage full extension of the body in the toe on (a narrow straddle will do also.)

## Late Toe On, Sole Circle

From a horizontal position with shoulders over the bar, feet pike onto bar just below

horizontal (the angle in the shoulders becomes the pike in the hips). A progression for stalder circles as well as other toe-on skills.

**Prerequisites:**

**Flexibility:** Proper position of shoulders in HS; excellent pike compression (chest flat on thighs)

**Strength:** V-ups, crunchers, leg lifts, abdominal curls, "V"-hang on low bar, slow pike down from HS, rocking kips.

**Drills:** "Rock" on parallettes to feel the shoulders opening as the hips flex into the toe on  
Jump from floor to pike sole circle off and around— increase height of starting surface to the same; develop to full circle around (spotted).

Cast to horizontal and alternate toe-on to pike sole circle—(alternate legs here, don't let them get a favorite side they overwork); cast horizontal and manipulate them through the position to the toe-on.

**Common Errors:** "Standing" on top of the bar (early pike) before the COG has started to fall back into the circle. Not pointing feet to keep toes-on the bar at the "bottom" of the swing (coming off too soon); not keeping shoulders over the bar to control the body shape into the drop.

**Spotting:** To spot the "drop" catch the gymnast at the top of a horizontal cast and hold; round the hips and help them into the "round" pike position and help their feet onto the bar. (Stand on the side of the bar where the toe-on would occur).

To spot the sole around, stand on the side of the bar where the gymnast begins to circle up; spot the lower back and shoulder and help them around the bar until standing on top of the bar again. Teach them at this phase how to jump off properly if they are "short" in the circle and how to "roll" their grasp back under the bar if they cannot jump off.

**Teaching Hints:** Use a pike sole to encourage full extension of the body in the toe-on (a narrow straddle will do also.)

*Note: This is also an excellent progression to teach the drop for stalders.*

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