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## Learning The Front Tuck On Floor Exercise

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The front tuck can be performed on every event in gymnastics. Mastery of the front tuck on floor is necessary before performing this skill on the other events. The front tuck is also the primary element necessary for learning advanced front tumbling on the floor.

**Conditioning:** You must be physically strong enough to perform this skill safely. The most important muscles that will be used are the abdominals and legs (upper and lower). Special attention should be given to the strengthening of these two areas prior to attempting this skill.

### Progressions:

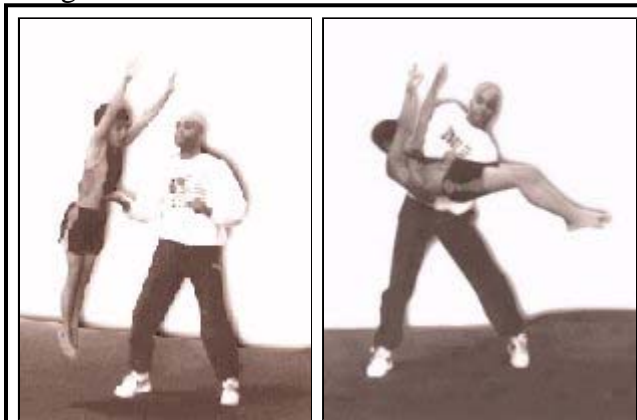
1. Practice punch to stretch jumps on the floor
2. Practice stick drills by jumping off stacked mats (progress to the height of the vaulting horse)

### Important Factors:

1. Strong and consistent run
2. Punch on balls of feet with feet in front, arms overhead, and eyes forward
3. Aggressive arm throw

Recommended: the overarm throw technique for beginners (as opposed to the Russian lift & underarm reach). The overarm throw technique is less complicated and also a natural progression to front handspring front skills.

4. Tight tuck
5. Controlled landing-flex the knees to absorb the force of the landing



Gymnast used in photo is Jr. National Team  
Member Zach Roberts (age 12)

**Spotting:** The spotter places one hand (palm facing up) in front of the

punching gymnast. The other hand is placed on the gymnast's back in order to help the rotation.

**First Do Front Tuck:** Using a springboard into a solid or loose foam training pit or onto a shock-absorbent mat. Once you've mastered this drill then punch from the floor into a solid or loose foam training pit or onto a shock-absorbent mat or use a spot.

COACHES: Please submit your conditioning ideas to the Reebok Coaching Corner, c/o USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

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