
Let's Talk Roundoff

By Dan Miller
Coach at Cincinnati Gymnastics Academy

Whether you're teaching a roundoff to a gymnast for the first time or you're trying to turn that double back into a double layout, these ideas should be helpful in developing a powerful roundoff.

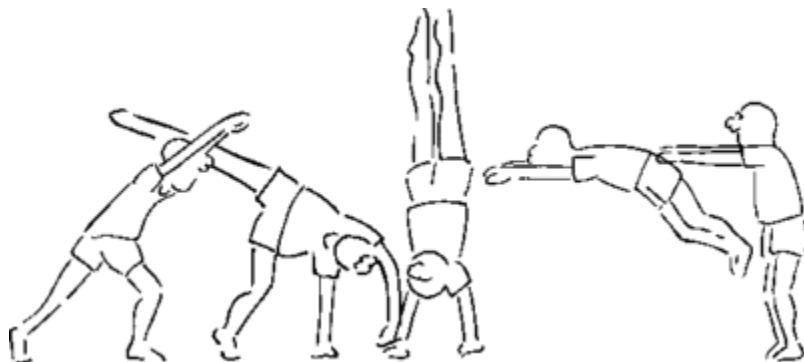
Where to begin?

STEP 1: Do a cartwheel and finish facing sideways with hips open (head should stay natural, arms by the ears).



STEP 2: Do the same as step 1 but just before the second foot hits the mat turn with square hips and shoulders and land with feet together.

STEP 3: Do a step hurdle into the roundoff working on keeping the hips open, head in, and arms by the ears.



PURPOSE: These steps are to avoid piking down in the roundoff. Many times gymnasts get their feet together and turn too quickly which causes them to have to pike down.

HELPFUL TIPS:

- Make all cartwheels stretched and long. Putting chalk marks on the floor for the hands and feet are often helpful.
- A rubber band can be used around the arms by the elbows to help the arms

stay by the ears.

- Take your time on each of the steps. To do them correctly may take some time, but it will be worth it in the long run.

A CAUTION	REASONS WHY
Early turn	Not keeping hips and shoulders square into the hurdle and lunge.
Pike down	Turning too early in the hurdle and closing the feet too soon.
Head out	Arms not staying fully extended by the ears.
Shoulder angle	Lack of flexibility in the shoulders and reaching for the ground too soon.

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.

This article is reprinted from the July/August 1996 *USA Gymnastics* magazine.