

Conditioning and Drills for an AWESOME Underswing

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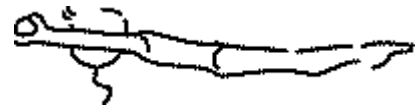
The underswing is a major element in the JO Compulsory bar routines from 1997-2001.

The underswing is not only an important individual element, but also an important transition into the tap swing portion of the routine. If a poor underswing is performed, a great tap swing will be nearly impossible. The following are conditioning exercises and drills that really work in teaching and perfecting the underswing.

Conditioning

1. Hollow Position

The hollow hold is an essential position that needs to be mastered before a good underswing can be performed. It's also a pre-requisite for #2 and #3.



2. Hollow Hold Against the Wall

This exercise simulates the shape necessary to create a good underswing. The gymnast should maintain a tight bottom and keep her chin to her chest.



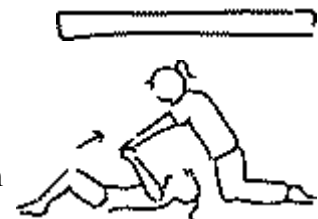
3. Inverted Hang on the Low Bar

In the beginning, this drill can be practiced with the assistance of a spotter. But, in the end, the gymnast should be able to master the drill by herself.



4. Clear Hip Pulls with Partner

This exercise strengthens the body parts necessary for the "kick out" phase of the underswing. It should be performed with moderate resistance from a partner.



Drills

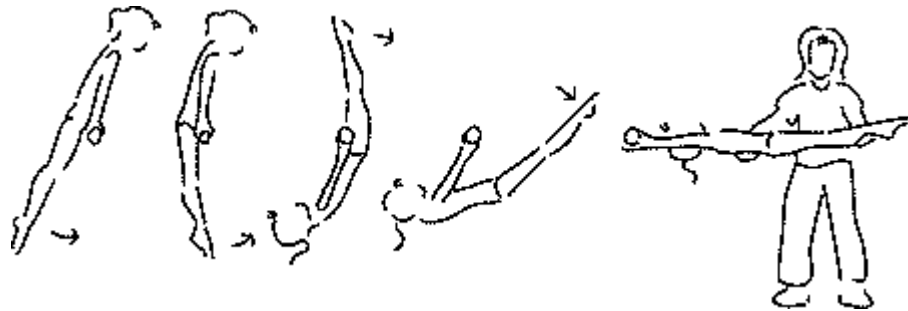
1. **Back Hip Circle Without Casting**

This is one of the best drills to teach the athlete to hold the rail to her hips while maintaining the hollow shape. As in all of these drills, the gymnast should keep her chin on her chest throughout the drill, and make sure her bottom does not drop.



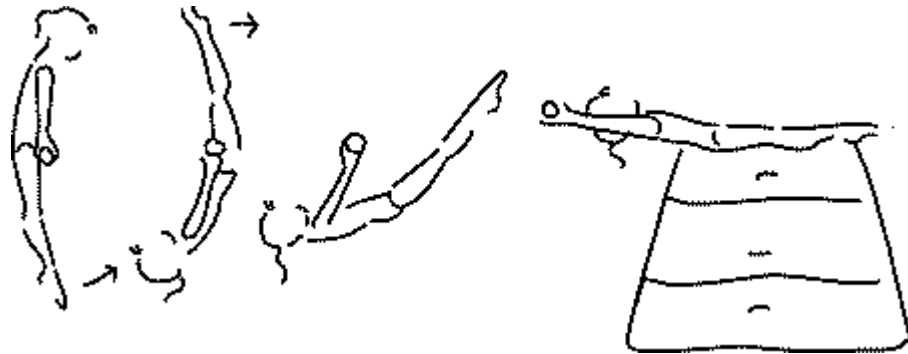
2. **Half Back Hip Circle Kick Out**

An underswing is half of a back hip circle, followed by a strong thrust up and out. This usually prevents the athlete from dropping her bottom. This drill should be done with a spotter.



3. **Underswing Onto Trapezoid**

An underswing onto a trapezoid gives the athlete a visual goal to reach with her kick out. If the gymnast is unable to perform this drill with her hips to the rail, spend more time on #1 and #2.



After the gymnast has completed these conditioning exercises and drills successfully she should be ready to perform an awesome underswing.

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

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