

introduction to forward rolls for tumble turns



swimnastics

swimnastics

forward roll 101

1

a tuck sit

sitting with knees bent in towards the chest one hand on each shin, legs are together, minimal space between the legs and the stomach.



2

roll on the back of the neck not the head

the head does not touch the floor. the first part to make contact will be the lower part of the neck. if the head is making contact check the chin is on the chest, hips lifted and hands in front for the start position.



3

start in a squat

feet on the floor, bent at the hip and knees. hands are placed in front of the body. ideally knees and feet together at the start of the roll like they would be entering into a tumble turn



4

chin to chest

reinforce this one to avoid rolling on the head. the eye gaze will be on the belly button or between the legs upon entering the roll.



5

lift the hips up

the hips go over the head for rotation and the heels of the feet go towards the sit bones. this can be scary for beginners to place the weight in their hands to lift the hips up. raise their feet on a small step to encourage the tipping feeling.



7

keep the body small

keep the legs and stomach close throughout in order to roll quickly...this will be the same in the pool. the smaller your body the faster rotation will be.

6

round the back to make a ball

balls were not designed square as they need to roll. therefore in order to roll like a ball the back needs to be rounded.

8

sit up to the legs

the second half of the roll is actually a sit up. middle body strength is required to finish off this skill. in the beginning swimmers can grab their shins to help sit up but this won't work in a tumble turn so develop the strength and eventually no hands to stand up.

skills session ~ turns

forward roll | beginner

drills



tuck rocks 2 x 10

chin to chest, round back,
stay tight



3 tuck rocks to
stand up x 5

reach forward, feet and
knees together

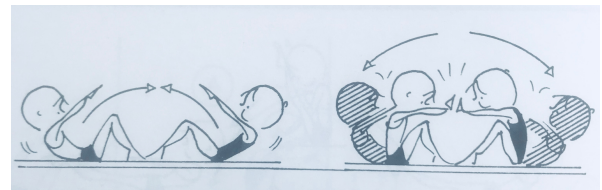


1 tuck rock to stand
up x 5

use momentum, knees
over toes

physical preparation

sit up and high five partner or ball throw
2 x 10 repetitions or 2 x 30s



feet planted on floor, touching partners feet if high 5, if using a ball make sure there is space between the partners, sit up fast at the same time and either high five or throw the ball to your partner

skill

forward roll to tuck sit
x 5-10

chin on chest, start in a squat with hands placed on the floor in front, roll on back of neck by lifting the hips up to start the roll, keep a tight ball and sit up to finish in a seated tuck with one hand on each shin



forward roll to tuck sit + 3 tuck rocks to stand up
x 5-10

complete the forward roll to tuck and then build momentum during the tuck rocks to stand up with feet and knees together



skills session ~ turns

forward roll | intermediate

drills



tuck rock to candle
stick x 10
from tuck sit roll back toes
to the sky, rock back to
tuck sit



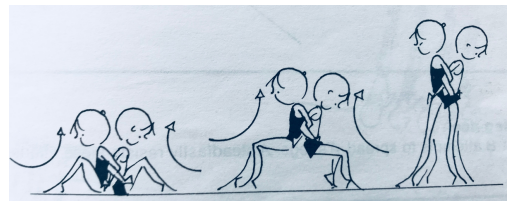
tuck rock to candle
stick stand up x 5
reach forward, feet and
knees together, use
momentum



forward roll to tuck
sit x 5
chin on chest, roll on
back of neck, round
spine

physical preparation

back to back partner stand up x 5-10
or full depth squats x 10



feet planted on floor, back to back with your partner and interlace at the elbows. push against each other at the same time with relatively even force in order to stand up. no hands on the floor allowed use your legs!

skill

forward roll to stand up
x 5-10

chin on chest, start in a squat with hands placed on the floor in front, roll on back of neck by lifting the hips up to start the roll, keep a tight ball and stand up with feet and knees together reaching the arms forward



forward roll stand up arms in streamline x 5

reach the arms into streamline at the end of the roll in order to stand up with the arms in streamline. press the feet into the floor strongly and avoid bending forward too much to compensate, reach upwards with the fingertips



skills session ~ turns

forward roll | advanced

drills



tuck rock to candle stick stand up x 5
from tuck sit roll back point toes to the sky, rock back up to stand up.



forward roll stand up arms to streamline x 5
chin on chest to roll, keep a tight ball, stand up with arms in streamline, feet together.



tuck rock to candle stick stand up rebound jumps x 5
stand up with arms in streamline and push through the feet to bounce off the floor

rotational awareness

jump 1/2 turn x 5-10 each direction

start by practicing a standing straight jump - bend the knees swing the arms down and then explode through the legs and swing the arms up, bend the knees to land with the arms out in front.

then begin adding in a half turn, ensure to complete a straight jump first, the rotation happens in the air. keeping the body tight with arms by ears and feet together, avoiding arching the body will enable an efficient turn. practice both directions



skill

forward roll to streamline jump x 5-10

chin on chest, start in a squat with hands placed on the floor in front, roll on back of neck by lifting the hips up to start the roll, keep a tight ball and stand up with feet and knees together reaching the arms to streamline and immediately performing a rebound jump in a streamline shape. the body should be tight and straight in the air, bend the knees to land.



forward roll stand up jump 1/2 turn x 5 each direction

at the end of the roll reach the arms into streamline, push the feet strongly into the floor in order to jump up and perform a half turn in the air. bend the knees to land. aim to turn with the arms by the ears and feet together, practicing both directions

