

## Sweet Spot on Tumbl Trak for Jump-Forward Back Handsprings



Jump forward off the Sweet Spot onto the Tumbl Trak, then lean backward to simulate the position when coming out of a round-off.



Placing the Sweet Spot on a Tumbl Trak can help a tumbler learn to lean back at the correct angle for take-off. The Tumbl Trak is important in this drill to help the athlete achieve a post round off position and provide a forgiving surface to perfect the skill with “more reps less stress.” The athlete in frame #3 needs to lengthen her back-handspring. By using the Sweet Spot as an obstacle for reaching, she can accomplish this goal and transfer it easily to the floor.



Good hand repulsion leads to good leg rebound.