# L1 #general

## Sit on hoop flip (hoop)

## Execution judge

Common execution errors to look for:

* Hit the gymnast’s body by accident or get stuck

## Training Progression

* Knees must be apart. Then experiment the correct hoop placement position – somewhere a little further down from behind the knees. Assist with arms once motion is originated.

**Side to side twist step (hoop, rope)**

## Execution judge

Common execution errors to look for:

* Legs or knees drifting apart or not shifting together
* Arms not relatively straight

## Training Progression

Focus in on heel toe. Make sure knees and foot are locked and use the hip to originate the side ways twist.



**Figure 8 while hanging onto end of ribbon (ribbon)**

## Execution judge

Common execution errors to look for:

* Ribbons tangled up
* Arms not relatively straight

## Training Progression

Isolate left and right hand. Right hand do big figure 8 on the sides. Left hand goes right as right arm goes left.