# L1 ball D2 passe balance

## Difficulty judge

### Start (0.2)

* Roll the ball up the body

### Element (0.5)

* *Arms up and hold the balance*
* *Passé should have turn out*
* *Note: to catch up with the music, gymnast should practice to stretch the arm and hit the passé shape at the same time*

### Finish (0.2)

* Legs together finish and controlled

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wobbles during or on finishing
* Toes not pointed or shape not precise
* Arms not straight
* Bottom leg not straight

## Training Progression

* Eyes should pick a spot in front and not on the floor