# L1 ball D5 grand battement

## Difficulty judge

### Start (0.2)

* Roll ball up chest while walking forward

### Element (0.5)

* *Arms extended up during the kick*

### Finish (0.2)

* Legs closed finish

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Leg bent
* Body hunched over
* Wobbles
* Ball grab

## Training Progression

* Stretch hamstring
* Leg swings without affecting body and bottom leg
* Give a hand for gymnast to kick and touch without hunch