# L3 Hoop D4 Free hoop spin with soutenu

## Difficulty judge

### Start (0.2)

* Arms out (one at 9 o’clock and the other at 12) and legs crossed

### Element (0.5)

* *Legs should be relatively close together without wobbles*
* *The spin should continue through the entire soutenu*
* *The turn must be complete and should stay in place*

### Finish (0.2)

* Step sideways into hoop and let go.
* Raise foot to retrieve hoop

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Watch out for free arm
* During the turn, the arms should be swinging high up and not across at shoulder level
* Watch for irregular hoop wobbles or hitting the gymnasts’ legs
* Watch for loss of balance during the turn
* Hoop release at the end should rest of foot and not drop to floor or caught on knee.

## Training Progression

* Twist of the hoop – use a tape to mark the hoop at the diameter so that it makes it easier for gymnasts to understand top and bottom. Learn the finger position and twist – think of (or practice) dialing a door knob clockwise. Get it so that the hoop spin can spin vertically for at least 8 counts consistently. Gymnasts with short arms may have to lean over a bit to avoid the hoop touching the body on the spin.
* Practice the stopping/slowing down of the hoop from the top marked position with flat palm and then close fingers
* Practice taking eyes off hoop by turning around touch the wall and re-possessing the hoop
* Learn soutenu
  + Practice crossover of left leg to front of right, do a half turn and stay on toe with legs relatively close together.
  + After half turn is perfect, then work on ¾ turn and then full turn. Weight mostly on right leg and left leg kind of slide around together in the last ¼ turn.