# L3 Hoop D6 passe balance in releve

## Difficulty judge

### Start (0.2)

* Rotation of the hoop with free arm up and feet together

### Element (0.5)

* *Must hold balance in the passé shape*
* *Passe is with turn out*
* *The rotation must be maintained while on releve*
* *Rotation is on the frontal plane*

### Finish (0.2)

* Finish with legs together and controlled stopping of the hoops rotation

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wobble
* Lost balance
* Imprecise plane – at an angle. If it is on the side plane, the deduction will be by the difficulty judge
* Rotation of the hoop not on hand but on wrist.
* Imprecise shape of passe

## Training Progression

* Practice drawing small circles while balance on toe.
* To teach the rotation of hoop around hand, if gymnast struggling, start with rest hoop on wrist. Hold her hand in front like a handshake and get them to feel the rotation without being scared. Usual problem in learning is that the hoop is too slow to gain control.
* The impulse for the rotation starts from a drop of the hoop plus a slight arm swing before the small circles