# L3 Hoop D7 Jump through hoop to flip toss 360 rotation

## Difficulty judge

### Start (0.2)

* Hoop raised over head with arms straight, legs together

### Element (0.5)

* *Cat jump through hoop smoothly*
* *Need one full circle of the hoop in the air.*

### Finish (0.2)

* Finish cat jump with feet together before throw
* Catch of the hoop with legs together

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Drop of hoop
* Legs caught during jump through
* Struggling with getting through or kind of stuck
* Has to change grip during the jump-through.

## Training Progression

* The grip of the hoop for the jump through should be thumbs pointing out and it is important to start from arms out – the drop-swing provides the momentum to make it easier to get the hoop over.
* If gymnast keeps tripping over the back leg, it is because they kicked the leg backward – correct by getting them to draw the knees towards their chest.
* Another option to overcome difficulties in cat jump through is to practice the leg switch of the cat jump on its own. Start from a passé and hop to switch leg.
* Very minimum action on the wrist to get hoop to flip over. Concentrate more on the knee bend and push the hoop up.