## L3 Hoop D8 Boomerang roll

## Difficulty judge

### Start (0.2)

* Both arms swing together, point towards the line of travel, legs together

### Element (0.5)

* *Hoop needs to travel back in a straight line without travel to retrieve*
* *Hoop must travel at least 3-4 feet out from extended arm.*

### Finish (0.2)

* Trap with leg and pose

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Boomerang did not come back
* Imprecise line and gymnast need to take steps to retrieve
* Hoop swayed / wobble
* Hoop hit the floor on the swing out
* Hoop bounced
* Note free arm
* Imprecise catch, hands and legs both touch. If only hand touch, no execution deduction but just difficulty deduction.

## Training Progression

* Most of the problems come from hoop not being vertical on contact with the floor.
* Use the index finger to point to the floor and rub the hoop backward to get it to travel backwards. Run and trap with leg
* Learn swing with index finger pointing to floor and rub backwards.
* Practice wrist flick without hoop. Emphasize on the ‘speed change’ of the flick motion.