

[https://www.youtube.com/watch?v=U\\_scqEjjZbM](https://www.youtube.com/watch?v=U_scqEjjZbM)

▶ Back Roll Tutorial - How to Do a Backward Roll

▶ How to do a BACK ROLL at home! MGA Gymnastics

The backward roll can seem a little intimidating at first, but with the right technique, it's a fun and essential gymnastics skill. Here's how to do it properly:

### Starting Position:

- **Squat down:** Feet close together, knees bent, and bottom close to heels.
- **Chin tucked:** Bring your chin to your chest to protect your neck.
- **Arms up:** Raise your arms straight up by your ears.

### Execution:

1. **Sit back:** Start by sitting back, as if you're sitting in a chair, keeping your back rounded.
2. **Hand placement:** As you sit back, place your hands shoulder-width apart on the ground behind you, fingers pointing towards your shoulders.
3. **Push with your feet:** Use your legs to push off the ground and create momentum to roll backwards.
4. **Tuck your head:** As your hips pass over your head, tuck your head towards your chest.
5. **Push with your hands:** Use your hands to push off the ground and help complete the roll.
6. **Land on your feet:** Bring your feet over your head and land in a standing position with your arms raised for balance.

### Key Tips:

- **Practice on a soft surface:** Start on a mat or soft surface to build confidence and reduce impact.
- **Spotting:** Have a coach or experienced person spot you initially to ensure proper technique and safety.
- **Visual cues:** Use cones or lines to help guide the direction of the roll.
- **Break it down:** If struggling, practice individual components of the roll, like the sit-back, hand placement, and push-off.
- **Stay tight:** Keep your core engaged throughout the roll for better control.

### Common Mistakes:

- **Not tucking the chin:** This can lead to neck injuries.
- **Putting hands too far back:** This makes it harder to get over and can cause the roll to collapse.
- **Flattening the back:** This reduces momentum and can strain the back.
- **Not pushing with hands:** This makes the roll harder and can lead to landing on the neck.

By following these steps and practicing consistently, a 5-year-old can learn to perform a backward roll with good form and confidence. Remember to emphasize safety and provide plenty of encouragement!