

Launch Pad & Micro Ramp used for Round-Off Entry Drills



The Micro Ramp aids in hand placement and repulsion onto the Launch Pad. The 4 foot by 4 foot by 5 inch Launch Pad is an easier surface to hit and rebound off of, than a vault board.

PURPOSE: this drill is good early training for Yurchenko vaults, and is also good for tumbling in general.



Micro Ramp

The Launch Pad is used here with a Micro Ramp for hand placement for round-off entry drills. The Launch Pad provides a bouncy take-off surface for Yurchenko vault drills, that is 2 feet wider than a vault board. Here the gymnasts land in various ways on the mat stack—a flyback to a sit, or a stand, or a back handspring when ready.

Definition of Round-Off: A good round-off starts with a longish, straight lunge step—don't crossover the lead leg; hollow down with a quick first hand placement while keeping the shoulder angle as open as possible. Hands go down in a straight forward line about shoulder width apart. The body arches across the top before finishing in a deep hollow with the head forward-downward, and shoulders should be trying to elevate (pushing) throughout, and trying to keep their angle with the body open (180 degrees). L. Isaacs