

## Pit Pillow used for Landing Round-off Snapthru



Athletes often “hold back” on drills like this snapthru, because they don’t feel comfortable or confident in the landing. A soft mat, like the Pit Pillow, gives them the confidence to **“Go for it!”**

**PURPOSE:** a round-off snapthru helps develop a tumbler’s repulsion off hands, followed a quick hollow.

A Pit Pillow placed on a spring floor can provide a soft landing surface for learning and practicing a round-off snapthru. Here the gymnast placed her hands on a Bungee Ramp to give some repulsion, and pulls her feet “through” to land on her back on the Pit Pillow.

There is a small Teddy Bear Mat on the Pit Pillow.

**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]

