

Pit Pillow used for Twisting Drills



After the athlete can do a back handspring to a handstand-plop, and lift higher for a back 3/4 salto to a plop, then try this twisting drill. An early step would be to land then roll over in the preferred direction (right twist). To twist in the air, pull the right arm down, and the left arm in (touch “bellybutton”), moving from a back/side arch to a hollow.



PURPOSE: to learn twisting saltos; shown here are back saltos with a half, and full twist.

Here the take-off surface is a Bungee Mat, and the Pit Pillow is on an 8 inch foam mat. Once the half twist that lands flat is mastered, take care that the athlete does not over-rotate past flat, in landing the full twist.