

## Sweet Spot on Team Track for Yurchenko Vault Drill



The Sweet Spot helps position the round-off correctly for Yurchenko vault drills.

Purpose: to learn round-off entry vaults.

By placing the Sweet Spot on a Team Track, a vaulter learns where to put the round-off for a good rebound into an uphill back handspring.



The Team Track provides a bouncy surface that is more forgiving than a vault board, and the stack of soft mats removes much of the fear of landing Yurchenko vaults—a great station for beginners to this skill.

**Description 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]