

10U/12U PHASE I - CORE & BACK

# SUPERMAN LOG ROLL

## MOVEMENT

- ① • Start in push-up hold position.
- ② • Back should form a flat bridge.
- ③ • Lower body to ground.
- ④ • Extend arms, lift feet and arms off ground like Superman.
- ③ • Roll one complete rotation (360 degrees) maintaining the Superman position.
- ④ • Make body as long as possible during movement.
- Return to push-up hold position.
- Repeat other direction.

## ADVANCED

Players perform multiple Superman Log Rolls in a row and change direction on coach's command.



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