

# Rolling: Floor & Bars

Coaches' Clinic 1-25-12

## **Warm-up Game:**

1. What was the name of the warm-up game played & what is the goal?

## **Stretching:**

2. List 3 of the stretches focused on:

- 1.
- 2.
- 3.

## **Floor:**

3. List the 2 pass off skills focused on:

- 1.
- 2.

4. List 4 drills for the first skill:

- |    |    |
|----|----|
| 1. | 3. |
| 2. | 4. |

5. List 4 drills for the second skill:

- |    |    |
|----|----|
| 1. | 3. |
| 2. | 4. |

6. What was the name of the game played & what does it work on?

## **Bars:**

7. List the 2 pass off skills focused on:

- 1.
- 2.

8. List 2 drills for the first skill:

- |    |    |
|----|----|
| 1. | 2. |
|----|----|

9. List 2 drills for the second skill:

- |    |    |
|----|----|
| 1. | 2. |
|----|----|

10. What is the name of the conditioning game played?