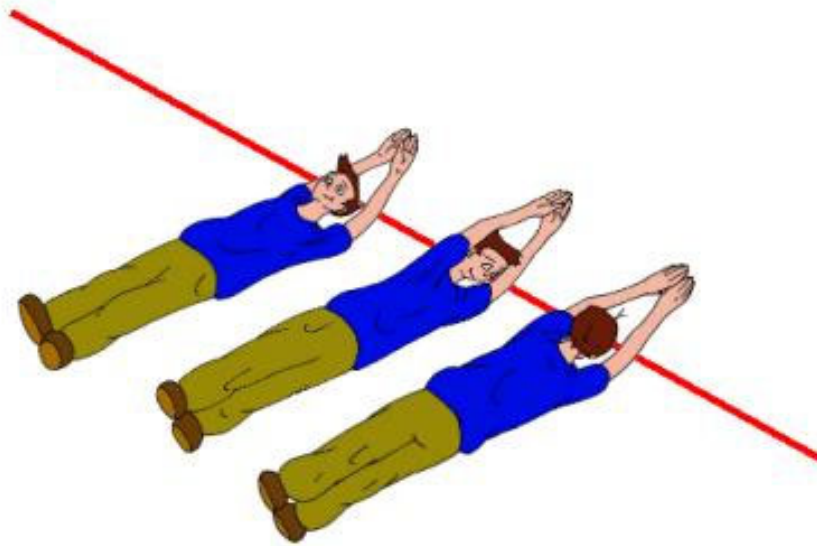


Line Rolling

Rolling isn't as easy as it looks. You have to roll across the floor so that you roll along a line.

Step 1. Keep your head on the line

You have to roll across the floor, in a straight line, so that your head stays on a line.



Your helper places a piece of string in a straight line on the floor. You should lie on your back, with your body and legs straight and arms extended above your head so that your head is on the string. The string should be 3 to 4 metres long. Your instructions are **"roll across the floor so your head stays on the string as you roll"**. Now roll across the floor trying to keep your head on the string. When you have rolled to the end of the string, roll back along the string to where you started. Keep practicing until you can keep your head on the string.

Your goal is to roll across the floor keeping your head on the string, all the time.

Notes for helpers:

Some people may have difficulty rolling in a straight line so their head will soon come off the string as they roll. This mostly occurs when legs bend at the knee, so keeping legs straight should be encouraged at all times.

Step 2. Shoulders on the string

Now you have to roll across the floor so your shoulders stay on the string. This is a little more difficult than keeping your head on the string. Make sure that your shoulders stay on the string, not your neck or your chest. Practice until this is easy.

Your goal is roll across the floor so your shoulders stay on the string, all the time.

Step 3. Waist on the string

Rolling is now becoming more difficult - you have keep your waist on the string. You should aim to keep the top of your pants (or your belt) on the string. This should be exact, not above or not below. Practice until this is easy.

Your goal is to roll across the floor keeping your waist on the string, all the time.

Step 4. Rolling around corners

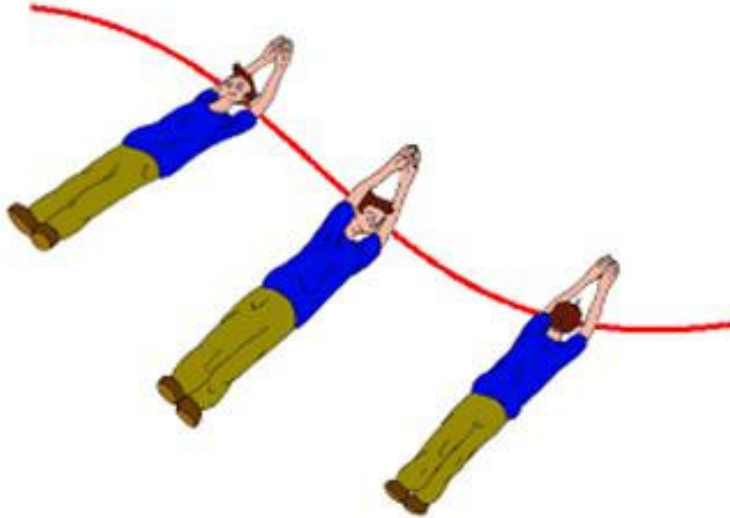
Now find a corner in a room where you can lie against one wall with your feet in the corner. Can you roll in a circle keeping your feet in the corner until you reach the other wall? This way you will have to roll so your feet stay in the corner, but your head will roll in a curved path.



Your goal is to roll around the corner of a room, keeping your feet in the corner.

Step 5. Rolling along a curved path

Now you have to roll along a curved path, keeping your **head** on the line.



You could also try rolling along the curved path keeping your shoulders or waist on the line.

Your goal is to roll, on the curved path, keeping you head on the line, all the time.

Step 6. Rolling to an object

Now roll to small object such as a tennis ball placed on the floor at least 2 to 3 metres across the room. Begin by trying to roll so you hit the object with your head. Then try hitting the object with:

- shoulders
- waist
- knees
- feet