

BACKFLIP – SOLO TO GROUP - GROUP CONFIDENCE

Backflip – solo to group

Start: if you don't feel safe or don't want to or whatever: say it! You don't have to!

Warming up to gain some confidence in the group:

- make a line: get people to the other side (slow)
- 4 bases, 1 lying on top. Moving and little flying one lying down.

Solo

- start with lying down
- straight jump backwards to high platform and end as a ball on the shoulders (SPOTTING)
- high platform with mountain, lying on it. 2 half of the backflip to ground (SPOTTING)

Duo

- backflip over the back of another person

Trio

- two people standing. Arms crossed, one in between makes the backflip.
- leg flip - wooden leg

Group

- sitting banquine, with 2 spotters - backflip to ground
- standing banquine with backflip to ground