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UTTAGNING 2021

Apparatus Technique – HOOP

Basic Technique: Hoop

A - Handling		B - Passing Through		C - Large Roll		D - Rotation Around Axis		E - Rotations		F - Throw and Catch	
1	 Grip	1	 Simple passing through	1	 Roll on the floor travelling	1	 Rotation around the axis on the floor	1	 Rotations around the hand	1	 Small throw and catch with both hands
2	 Basic handling hand to hand	2	 Passing through around the body	2	 Roll on the floor changing direction	2	 Rotation around the axis on the hand	2	 Rotations on the frontal plane	2	 Small throw with one hand
3	 Frontal handling passing under the leg	3	 Skipping through the hoop	3	 Roll on one arm	3	---	3	 Rotations changing body positions	3	 Throw from hoop rotation
4	 Horizontal handling passing under the leg	4	 Skipping through with the hoop backwards	4	 Roll on the 2 arms	4	---	4	 Rotations on the foot travelling	4	 Throw with one hand catch with the foot
5	 Horizontal handling with body rotation	5	---	5	 Roll on the arm and on the back	5	---	5	 Rotations on the body	5	 Throw from the back
6	 Handling without hands	6	 Skipping through changing direction	6	 Different rolls on the body	6	---	6	---	6	 <del>DER</del>
7	---	7	---	7	---	7	---	7	 Rotations on the forearm	7	---
8	---	8	---	8	---	8	---	8	 Rotations on the feet	8	---
9	---	9	---	9	---	9	---	9	---	9	 Throw with the foot
10	---	10	 Passing through with leap and jump	10	---	10	---	10	---	10	---

## Apparatus Technique – BALL

Basic Technique: Ball									
A - Handling		B - Bounces		C - Large Roll		D - Throws and Catch		E - Figure 8	
1	 Grip	1	 Bounce with 2 hands	1	 Roll on the floor	1	 Small throw and catch with 2 hands	1	---
2	 Grip around the hand	2	 Bounce with 2 hands catching cross	2	 Roll on the body	2	 Small throw and catch with 2 crossed hands	2	---
3	 Handling around the body	3	 Bounce one hand with steps	3	 Roll on one arm	3	---	3	---
4	 Handling around the hand	4	 Bounce one hand with different rhythms	4	 Roll on the back	4	---	4	 Half spiral in and out 
5	---	5	 Bounce one hand under the leg	5	 Roll on both arms	5	---	5	 Spiral on the knees in
6	---	6	 Bounce one hand and body	6	 Roll on all body	6	 Small throw behind the back	6	 Spiral on the knees out
7	 Push off of the knee	7	---	7	 Roll on all body front and back	7	 Large throw with one hand	7	Spiral in
8	---	8	 Bounce with body rotation	8	 Large Roll over the arms sideways	8	 Large throw with one hand and body rotation	8	 Spiral out
9	---	9	 Bounce with the knee	9	 Large Roll over the arms sideways outside visual field	9	<del> DER</del>	9	 Figure 8 in with body movement
10	---	10	---	10	---	10	---	10	Figure 8 out with body movement

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Basic Technique: Clubs									
A - Handling/Small circles		B - Asymmetric		C - Small Throws and Catches		D - Large Throws and Catches		E - Mills	
1	Grip A and B	1	---	1	---	1	---	1	---
2	Simple small circles	2	---	2	Small throws	2	---	2	---
3	Large circles	3	---	3	Small throws with 1 club in each hand	3	Throw 1 club	3	---
4	Circles in different planes	4	Large and small	4	---	4	---	4	---
5	Circles in different directions	5	Different directions	5	Small throws 2 clubs	5	---	5	---
6	---	6	Different planes	6	Small throws 2 clubs with rotation	6	---	6	Horizontal mills
7	---	7	Combinations	7	Small throws 2 clubs with crossed arms	7	Large throw with 2 clubs in the same hand	7	Sagittal mills
8	---	8	---	8	Small throw 2 clubs in the same hand	8	Large asymmetrical throw	8	Frontal mills
9	---	9	---	9	Small throw catch behind	9	---	9	---
10	---	10	---	10	Small throw with different catch	10	<del> DER</del>	10	---

## Apparatus Technique – RIBBON

Basic Technique: RIBBON											
A - Handling		B - Passing Through		C - Spirals		D - Snakes		E - Echappé		F - Throws and Catches	
1	Grip	1	---	1	Spirals simple	1	Vertical snakes	1	---	1	---
2	Large circles A and B	2	Passing over the ribbon	2	---	2	---	2	---	2	---
3	Figure 8 catching the end of the ribbon	3	Running over the ribbon	3	Vertical spirals	3	Vertical snakes high and on the floor	3	Passing ribbon hand to hand	3	---
4	Figure 8	4	Passing through large circles	4	Horizontal on the floor	4	Horizontal snakes on the floor	4	Passing ribbon hand to hand outside of visual field	4	---
5	Passing through figure 8	5	---	5	Horizontal with displacement	5	Horizontal snakes with displacement	5	---	5	---
6	---	6	---	6	Spirals with different directions	6	Horizontal snakes changing directions	6	Échappée	6	Large throw
7	---	7	---	7	Spirals with chainés	7	Snakes with chainés	7	---	7	Boomerang simple
8	---	8	---	8	---	8	---	8	---	8	Boomerang with the foot
9	---	9	Passing through with body rotation	9	---	9	---	9	---	9	Boomerang with passing through
10	---	10	---	10	Spirals around the arm	10	---	10	---	10	<del> DER</del>