
Techniques for Slap Catches, Fan Kicks and Back Neck Rolls

[1]

This 50-minute class-style video is full of valuable instruction for coaches and athletes alike - Maureen brings another collection of skills to the video screen. In a 'class' setting with one of her students, you will learn Slap Catches, so useful in today's contact material, Vertical back neck rolls, including the 'neck carry' variation, along with a a very useful tutorial in Fan Kink, a staple in all athletes' repertoire.

Tags: [TwirlNations-On-Demand](#) [2]

By admin at Wed, 09/23/2020 - 09:42

Source

URL: <https://www.cbtf.ca/content/techniques-slap-catches-fan-kicks-and-back-neck-rolls?mini=2020-03&page=3>

Links

[1] <https://www.cbtf.ca/content/techniques-slap-catches-fan-kicks-and-back-neck-rolls> [2]

<https://www.cbtf.ca/tags/twirlnations-demand>