

Mass Ball 2019-2020

Choreographer: Kendra Bergsteinson Length: 2:33

Equipment: Ball – any size that is suitable for the gymnast, colour does not matter

Outfit: any style plain coloured tank top/t-shirt with black leggings

Starting Pose: Each group will have their own circle within the gym, they will be facing the inside of the circle, squatting with feet together and knees together, resting ball on the ground in front of them.

Before starting, divide group into X's and O's within the circle

Counting to slower beats within the music

Section	Count	Action
1	1-4	Squatting on floor, waiting, holding ball
	5-8	Rising slowly to standing position
2	1-2	X's walks into center of circle, bringing ball up with straight arms, O's throws ball to self with two hands and catch
	3-4	X's walk back out to circle, bringing ball down holding in front of body, O's bounces ball in front body with two hands and catch
	5-6	X's throws ball to self with two hands and catch, O's walk into middle of circle, bringing ball up with straight arms
	7-8	X's bounces ball in front of body with two hands and catch, O's walk back out to circle, holding ball in front of body
3	1-4	Rhythmic run clockwise around circle, holding the ball in front of body
	5-8	Begin to "unwind" circle, forming vertical lines across the gym. If circle is at the front of the gym, the gymnast at the back of the line will be the leader, if circle is at the back of the gym the gymnast at the front of the line will be the leader.
4	1-8	Continue to rhythmic run to form lines, if at spot continue to rhythmic run on spot
5	1-2	Star jump, bringing ball above head
	3-6	Front passe balance with right leg up, ball in right hand, arms straight out to side (Coming down on 6)
	7-8	Shaking shoulders up and down
6	1-4	X's step and lunge to right side, circling ball downwards to right, O's step and lunge to left side, circling ball downwards to left
	5-6	X's ball in right hand, O's will put ball into left hand X's step out with right foot to right side bringing ball above head meeting at the top with left hand, O's step out with left foot to left side, bringing ball above head meeting at the top with right hand
	7-8	X's and O's step together, forming two lines, bringing ball down and holding with both hands
7	1-4	Ball in right hand, chasse cat leap forward, tossing ball with cat leap
	5	Jump to face partner/middle of two lines

	6 7-8	Put ball on back of neck Roll ball down back and catch at bottom with both hands
8	1-4 5-8	Circle ball around waist, turning to face the front, in releve Bringing ball down and putting between ankles, holding it there Standing up, hands go to hips
9	1-6 7-8	Tic-toc hops <ol style="list-style-type: none"> 1. Jump to right side 2. Jump back to center 3. Jump to left side 4. Jump back to center 5. Jump backwards 6. Jump back to center Squatting down to grab ball, and standing back up
10	1-2 3-4 5 6 7 8	Pivot turn stepping with right foot forwards and turning towards back Pivot turn stepping with right foot again towards back and turn towards front Right arm with ball goes straight up Left arm straight goes straight up Turn to face partner/middle of two lines Ball arm (right arm) swings down, ready for toss
11	1-6 7-8	Toss ball to partner across from you (If unable to toss to partner, just toss to self) and catch Finish facing forwards, circle arms downward "peekaboo circle"
12	1-2 3-4 5-8	Arms coming straight out in front of body, roll ball to chest Roll ball back to hands. Bringing arms straight up to finish Turning to face partner/middle of line, "melt" down to ground, kneeling to ground, holding ball in front of knees, making "egg" shape"
13	1-4 5-8	Holding ball in front of knees, X's egg roll towards the back of the gym, O's egg roll towards the front of the gym X's egg roll forwards back to original position and O's egg roll backwards back to original position
14	1-8	Sitting on knees, 8 slow 2 handed bounces in front of body
15	1-2 3-4 5-6 7-8	Roll ball out forwards in front of body, leaning down Roll ball back up to sitting position Roll ball to right hand, left arm goes up by ear Roll ball across front to left hand, right arm goes up by ear
16	1-4 5-8	Roll ball around body on floor Move to be sitting on bum, legs straight out in front of you in pike position Put ball on ankles
17	1-4 5-8	Two-part body roll, roll ball from feet, up the chest, down arms to hands Holding ball straight out, swing legs to side to be on knees and standing up right foot then left foot <i>Extra 2 counts in music:</i> Bringing ball above head with straight arms and standing in releve
18	1-4 5-8	Bounce ball to partner and catch (If unable to bounce to partner, bounce to self) Skipping back to original circle from beginning of routine, merging back into 1 line while skipping

Each line is a different group, each group will be divided into their own X's and O's

10 20 30 40 50

1X 2X 3X 4X 5X

10 20 30 40 50

1X 2X 3X 4X 5X

10 20 30 40 50

1X 2X 3X 4X 5X

10 20 30 40 50

1X 2X 3X 4X 5X

Front

Formation #3:

1X 10 2X 20 3X 30 4X 40 5X 50

1X 10 2X 20 3X 30 4X 40 5X 50

1X 10 2X 20 3X 30 4X 40 5X 50

1X 10 2X 20 3X 30 4X 40 5X 50

Front

Skill List

Movement Skills

Locomotion: Rhythmic running, skipping, galloping

Balance: Front passe

Leap: Cat leap

Pivot: Pivot turns, Crossover turn

Springs: Star jump, Tic-Toc Hops

Rotations: Egg Roll

Apparatus Skills

Tossing ball to self and partner

Bouncing ball to self and partner

Cat leap with toss

Rolling ball down back

Rolling ball down arms

Two-part body roll, feet to hands

Rolling ball in front of body, from hand to hand

Roll ball to partner around circle