

## **Suggested Apparatus Handlings for Copper Level Routines**

### **Rope**

Rotations holding the middle of a doubled rope (sagittal plane or overhead)

Swings side to side (rope in a “U” shape)

Holding rope in “U” shape, jump over forwards or backwards

Holding both ends of doubled rope, rotate towards self

### **Hoop**

Swings forward & backward, or side to side

Flip toss w/1/2 rotation

Rotate on floor – touching or not touching

Small roll on floor, side to side

### **Ball**

Bounce & catch – 2 hands

Toss & catch – 2 hands

Roll on arms or legs

Roll ball on floor

### **Clubs**

Tap 2 x's, any direction

Swings side to side, or front & back

½ toss, either 1 at a time, or both together

Small circle, any direction, with each arm

### **Ribbon**

Vertical snakes

Horizontal snakes

Spirals

Large circles, any direction

Swings, any direction