

## Sphere 3 Week 9

### GOALS:

1. Cast to feet above horizontal
2. Stride circle
3. Cartwheel – medium beam
4. Hurdle roundoff, rebound
5. One leg handspring
6. Handspring on TT

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Cast feet to horizontal then feet to straddle on bar (straddle shoot dismount on feet, Assistance if required) land on red crash mat.</li> <li>2. Cast to feet above horizontal</li> <li>3. Glide kips (self, Assistance if needed)</li> <li>4. Back hip circle (Assistance if needed)</li> <li>5. Squat on progression (single bar on the floor)</li> <li>6. (Strap bar)- Pull over to casts and push away to long hang swings.</li> <li>7. Leg cut forward positions and stride circle (Assistance if needed)</li> <li>8. Note: Please include conditioning as side stations.</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Lunge to handstand on high beam if confident!</li> <li>2. Stand on edge and dive roll on the mat same as beam height</li> <li>3. Dance series with 2 skills from CAN group A</li> <li>4. Cartwheel on Medium beam (Assistance if required)</li> <li>5. Handspring to land on feet (Dismount, Assist if required)</li> <li>6. Mount to middle split on low beam to stand and chasse &amp; skilling length of beam</li> <li>7. One-foot mount to stand on med or high beam with beat board</li> <li>8. Side stations- releve to step half turns and full turns on med beam. (Full turns on self if confident)</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Hurdle to round off and rebound to back land on waist height mat.</li> <li>2. Handstand to spring from small box onto feet.</li> <li>3. Backward roll with bent arms, Extension to handstand.</li> <li>4. Handstand to bridge to stand on feet ( front limber, Assisted)</li> <li>5. Backbend to 2 or 1 booster boxes and back to feet (limber progression drill)</li> <li>6. Half turns and full turns with Releve on one foot.</li> <li>7. Back walk over with large octagon shape or Assisted.</li> <li>8. One leg handspring (Assisted) Use sting mats.</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Sprints 6 times</li> <li>2. Deer runs 2 times</li> <li>3. Handstand to pop skill on tumble track</li> <li>4. Fly spring to feet on TT</li> <li>5. Run to jump hand spring to land on 60 cm crash mat, assistance required</li> <li>6. Run on TT, Hands on spotting box to handspring on the crash mat (use road beam and spotting box on top for set up)</li> </ol>

Station	Drill/Skill
	7. Side stations – progression circuits for handspring to feet.
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Run jump to front flip on the crash mat.</li> <li>2. Split leaps and split jumps</li> <li>3. Chasse to Sissonne</li> <li>4. Fly spring to land on feet.</li> <li>5. Hurdle to round off snap with various jumps</li> <li>6. Side stations</li> <li>7. Back ward roll to front support.</li> <li>8. Back walk over with octagon shape.</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. Introduce different jumps with connectivity. (include split, wolf, switch splits, sissonne etc.)</li> <li>2. One leg handspring to feet</li> <li>3. Fly springs to feet</li> <li>4. Front flip on to the crash mat in foam pit</li> <li>5. Handstand to bridge with sting mat on tramp</li> <li>6. Side stations- leg lifts and rope</li> </ol>