

Sphere 1 Week 6

GOALS:

1. Swings
2. Casts
3. Rolls on beam
4. Cartwheel
5. Spring board technique
6. Hand/knee drop

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast to squat on bar (and jump off) – OR from front support put one foot on bar, then stand on bar with 2 feet and attempt to jump to high bar 2. Long or baby swings (with regrasp) 3. Long pullover from swing 4. Pullover 5. Introduce back hip circle 6. Leg lifts on bar, pushups on floor with feet elevated on a mat
BEAM	<ol style="list-style-type: none"> 1. Warmup: Forward walking on toes Backward walking on toes Cat leap, stag leap and split leap 2. Scissor kick 3. Front roll on line and on low beam with mat covering beam Step-on mount
FLOOR	<ol style="list-style-type: none"> 1. Presentations 2. Review chassé, split leap and introduce scissor kick 3. Back roll on floor or down incline 4. Cartwheel over box and introduce cartwheels on line 5. Kick to handstand and land on back on thick mat 6. Introduce kick to handstand roll out (with spot or on thick mat)
VAULT	<ol style="list-style-type: none"> 1. Sprints 2. Mule kicks down mat 3. Various jumps off blocks to practice landings 4. Spring board use and technique (consecutive straight jumps on top of springboard pushing right off feet, arms up holding foam cube) 5. Introduce squat over 6. Straddle on using spring board or mini tramp, straight jump off 7. If space permits, set up station to practice all vaults with a spring board and large block

Station	Drill/Skill
TUMBL TRACK	<ol style="list-style-type: none"> 1. Review with all gymnasts spread out, at the same time on Tumbletrak the various jumps (straight, tuck, star, pike and straddle, jump 1/2 turn and jump full turn and wolf jump and split jump) – add stag and double stag jump 2. Introduce seat drop 3. Have all gymnasts work on combinations/mini routines at the same time on the TumbleTrak using the various jumps 4. Examples: 1 – tuck jump, star jump, jump full turn, split jump and straddle jump 2 – split jump, pike jump, jump 1/2 turn, wolf jump, star jump 3 – pike jump, double stag jump, pike jump, jump full turn, tuck jump 5. If time permits, various, continuous jumps down length of track
TRAMPOLINE	<ol style="list-style-type: none"> 1. Warmup: 10 X continuous various jumps 2. Seat drop/swivel hips drills (5 per turn) 3. Hand/knee drop to front drop X 5 continuous and then to stand/stop bounce 4. Introduce seat drop to hand/knee drop to front drop then to stand/stop bounce 5. Introduce front drop from standing 6. Stations: leg lifts on wall bars, reverse wall handstands, bridges, pushups with feet elevated on mat Play “Add One”