

Sphere 3 Week 1

GOALS:

1. Cast to feet horizontal
2. Forward roll on beam
3. Back roll flat surface
4. Prep for round off
5. Half fly spring
6. Split leaps and jumps

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast feet to horizontal (cover progression drills with elastic around the bar, shaping on the floor with front support) 2. Glide swings to sandwiches (kip progression) 3. Back hip circle progression (Floor bar on the spotting boxes with crash mat to fall on, half hip circle shaping with assistance) 4. Long hang swings on the strap bar 5. Leg cut forward positions 6. Note: Please include conditioning as side stations.
BEAM	<ol style="list-style-type: none"> 1. Forward roll to stand on floor lines 2. Lunge to handstand on the low beam 3. Arabesque and scale balances 4. Rond de jambe (progressions drills) do it on the floor lines start with front leg hold and side leg hold 5. Jump to tuck and straddle on beam (for start) 6. Side stations- straight, tuck and low split jumps on low beams
FLOOR	<ol style="list-style-type: none"> 1. Kick to hand stand hold on floor 2. Backward roll on flat surface 3. Cartwheel (finish facing inward) 4. Preparation for round off 5. Back bends preparation skills 6. Kick over from back bends
VAULT	<ol style="list-style-type: none"> 1. Sprints 4 times 2. High knees 4 times 3. Deer runs 2 times 4. Run jump on Air board land on vault 110 cms 5. Half fly spring to land on red crash mat (hands on trapezoid and flat back on red crash mat) 6. Side stations – positioning circuits for hand spring on Vault
TUMBL TRACK	<ol style="list-style-type: none"> 1. Wolf jumps 2. Split leaps and split jumps 3. Fly spring preparation drills with the booster box and big octagon shape in front of it(hand on the booster box and flip over, back on the octagon land on to feet)



Station	Drill/Skill
	<ol style="list-style-type: none"> 4. Round off preparation drills 5. Side stations 6. Back ward roll to front support 7. Handstand forward roll.
TRAMPOLINE	<ol style="list-style-type: none"> 1. Split jumps 2. Straddle jumps 3. Switch splits preparation 4. Preparation for fly springs 5. Dive roll on the crash mat into the foam pit 6. Front flip preparation into the foam pit