

Mini 2's Week 1

FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
FLOOR	<ol style="list-style-type: none"> 1. Forward rolls 2. Tuck hold rings 3. Rope swing 4. Slide 5. Log rolls 6. Jump off and on box 7. Donkey kicks 8. tunnels
BEAM	<ol style="list-style-type: none"> 1. walking (med beam) 2. stork stand 3. airplane 4. walking alone (low beam) 5. little jumps on beam (low) 6. little jumps (hands on beam jump on) 7. stepping over cones (assistance)
TRAMPOLINE	<ol style="list-style-type: none"> 1. shaped jumps 2. half turns 3. jumping in foam pit 4. bum drops 5. use pommel area if free