

## Sphere 2 Week 6

### GOALS:

1. Glide swing
2. Releve walk
3. Beam dismount
4. Headstand
5. Handstand flatback
6. Donkey kicks

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Glide swing to drop bean bag( extension in swing)</li> <li>2. Sandwich shape (glide kip progression)</li> <li>3. Casts connected to push bar dismount</li> <li>4. Chin-up hold with pull over (Set up with the box inclined to kick over)</li> <li>5. Beat swing to long swing progression</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Walk in releve with 2 sec hold after each step (include in forward and backward walks)</li> <li>2. Kicks forward on high beam and backward on low beam</li> <li>3. Releve to kicks walk combination</li> <li>4. Sidewalks on releve (low or high beam)</li> <li>5. Forward roll on the floor lines (forward roll on beam progression)</li> <li>6. Dismount- Straddle and half turn jumps</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Forward roll over 2 foam cubes on crash mat</li> <li>2. Backward roll on low incline surface ex spring board (use sting mat on board)</li> <li>3. Lunge lever to hand stand against the cheese mat</li> <li>4. Headstand to press handstand</li> <li>5. Cartwheel (progression drills)</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. High knees to sprint (combination 5 laps)</li> <li>2. Run jump on Air board to land on 105 cm vault</li> <li>3. Handstand to fall on straight lying position (use crash mat)</li> <li>4. Straight jump to prone fall onto 8cm safety mat</li> <li>5. Lunge to lever, kick to handstand against the wall to step down finish in accurate position</li> </ol>
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Donkey kicks, hands then feet combination</li> <li>2. Combination of various jumps</li> <li>3. Jump and dive over 2 or 3 foam cubes on the red crash mat in the foam pit</li> <li>4. Jump to 360 or 540 degree turns</li> <li>5. Hand stand to flat back station (use crash mat to land)</li> </ol>



Station	Drill/Skill
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"><li>1. Various jumps combination</li><li>2. Straddle jump to pike jump combination</li><li>3. Split jump with green elastic band (wrapped around ankle for progression)</li><li>4. 3 foam cubes</li><li>5. Side stations- Rope; Leg lifts on wall bars (aim for 3 to the top)</li></ol>