

Sphere 1 Week 5

GOALS:

1. Pullover
2. Chinups
3. Leaps
4. Straddle roll
5. Handstand pops
6. Jump Combinations

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. Introduce long pullover from swing 4. Pullover 5. Chinups on bar, v-snaps on floor
BEAM	<ol style="list-style-type: none"> 1. Warmup: Forward walking on toes Backward walking on toes Various jumps on spot and combined with walking Cat leap 2. Leaps: stag leap and split leap 3. Step-on mount 4. Various jump dismounts
FLOOR	<ol style="list-style-type: none"> 1. Presentations 2. Review chassé, cat leap and stag leap and introduce split leap 3. Review front straddle roll to standing 4. Introduce back roll down incline 5. Introduce cartwheels – cartwheel over box 6. Kick to handstand and land on back on thick mat
VAULT	<ol style="list-style-type: none"> 1. Sprints 2. Handstand pops (ensure both feet are off floor before popping) 3. Jump consecutively with feet and legs together over foam blocks 4. Spring board use and technique (hurdle to spring board, land with 2 feet, jump off and stick landing) 5. Using spring board or mini tramp squat on with various jumps off 6. Introduce 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) – add split jump 2. Next, in succession down track, continuous: Straight jumps; Tuck jumps; Star jumps; Pike jumps; Straddle jumps; Jump full turn; Wolf jumps; Split jump 3. Various jump combinations 4. Jumps over blocks or foam cubes (vary the jumps) 5. Add 2 inclines to the TumbleTrak – jumps series and connect front roll down incline 6. Jumps off end of TumbleTrak
TRAMPOLINE	<ol style="list-style-type: none"> 1. Warmup: 10 X continuous various jumps 2. Seat drop/swivel hips drills (5 per turn) 3. Introduce hand/knee drop 4. Introduce front drop from hand/knee drop position 5. Stations: leg lifts on wall bars, wall handstands, jump over foam cubes, bridges 6. Play “Who Is Tight” – each gymnast lies takes a turn on back in middle of trampoline squeezing all muscles – coach double bounces and catches gymnast with straight body in arms