

Sphere 2 Week 8

GOALS:

1. Chin up pullover
2. Cat leap
3. Long jumps
4. Cartwheel
5. Deer runs
6. Dive rolls

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. 3 glide swings in a row 2. Glide swing to sandwich (assisted) 3. Kip progression (pushing through feet on top of spotting box pulling the bar with straight arms to front support) Beat swing and small swing with bent knees 4. Chin up to pull over Assisted
BEAM	<ol style="list-style-type: none"> 1. Forward walking kick steps (tip toes) Backward walking kick steps (tip toes) Straight jump (low beam) 2. Forward roll (low red beam) 3. Cat leap 4. Jumps on beam: straight, tuck, pike (also combine with walking – ex: 2 steps then straight jump, 2 steps then tuck jump...) 5. 360 turn on 2-feet (180 turn, step, 180 turn again) 6. Various jump dismounts
FLOOR	<ol style="list-style-type: none"> 1. Long jump station(power hurdle too) 2. chassé, cat leap and stag leap 3. Backward roll on flat surface (Assisted) 4. Lunge lever to handstand on sting mat for safety 5. Handstand against the wall to forward roll (tummy facing wall) 6. Cartwheel (Assisted if required)
VAULT	<ol style="list-style-type: none"> 1. High knees to sprint combination 5 laps 2. Introduce deer runs 3. Run jump on air board to land on vault table 105 cm 4. Handstand to flat back on red crash mat 5. Straight jump to prone fall onto 8cm safety mat 6. Lunge to lever kick to handstand on cheese mat, against the wall
TUMBL TRACK	<ol style="list-style-type: none"> 1. Review with all gymnasts spread out, at the same time on 2. Tumble trak the various jumps (straight, tuck, star, pike and straddle, jump full turn or 540 turns) – add wolf jump 3. Next, in succession down track, continuous: Two Straight jumps with dive roll; Jumps to dive roll over 2 or 3 foam cubes Straddle jumps; Jump full turns 360 or 540; Wolf jump; Various jump combinations



Station	Drill/Skill
	4. Jumps over blocks or foam cubes (vary the jumps)
TRAMPOLINE	1. 10 X continuous various jumps ending in stop bounce 2. Split jumps 3. Dive roll on to crash mat in the foam pit (put cheese mat on crash mat for more height) 4. Donkey kicks feet or knees to hands 5. Stations: leg lifts on wall bars, wall handstands, jump on and off boxes – various jumps – stick landings