

Mini 2's Week 5

FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
WARM UP	<ol style="list-style-type: none"> 1. Game: Snowflake, snowball
BEAM	<ol style="list-style-type: none"> 1. Medium beam: walking by themselves, kicking over the bowling pins 2. Floor beam: balancing a ball in a fisbee 3. Little floor beam: walk like a bear over cones (hands and feet each on a beam with cones down the middle) 4. Crawling through hoops (upright on ground) 5. Push no mini scooter 6. Crawl/bear walk up cheese to pommel horse 7. Jump off onto circular "bullseye" mat 8. Climbing up ladders
BARS	<ol style="list-style-type: none"> 1. Walking their arms from one side of the bar to the other 2. Climbing ladders (maybe lifting one foot off at a time as challenge) 3. Walking along floor beams (one elevated) in tunnel 4. Practice jumping to front support (bosu ball, blocks and floor beam) 5. Slide 6. Swing and release bean bag exercise 7. Walking through hula hoops on floor beams
TUMBLE TRACK / KINDER FLOOR	<ol style="list-style-type: none"> 1. Run up and down cheeses 2. Log rolls and forward rolls down second cheese 3. Swinging on rings (try tuck and pike) 4. Swinging and holding onto rope 5. Airplanes and stork stands on bodu ball 6. Jump to knee support 7. Jumping from two feet off block after throwing bean bag into hoop