



# Sphere 3 Week 3

## GOALS:

1. Back hip circle
2. Mount to middle split
3. Handstand pop
4. Handstand to bridge
5. Kickover
6. Wolf jumps

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"><li>1. Cast feet to horizontal (cover progression drills with elastic around the bar, shaping on the floor with front support)</li><li>2. Glide kips and lots of drop kips (Assisted)</li><li>3. Back hip circle progression (half and half back hip circle with Assistance/shaping)</li><li>4. Long swings on the strap bar</li><li>5. Leg cut forward positions and stride circle on strap bar</li><li>6. Note: Please include conditioning as side stations.</li></ol>
<b>BEAM</b>	<ol style="list-style-type: none"><li>1. Forward roll to stand on Low beam (use sting mat)</li><li>2. Lunge to handstand on the low beam</li><li>3. Arabesque and scale balances</li><li>4. Rond de jambe (progression drills) use booster boxes for preparations and teach them lifts and extension</li><li>5. Mount to middle split on low beam.</li><li>6. Side stations- straight, tuck and low split jumps on low beams</li></ol>
<b>FLOOR</b>	<ol style="list-style-type: none"><li>1. Hurdle to round off and cartwheel</li><li>2. Backward roll with straight arms to front support (cheese if needed)</li><li>3. Handstand to bridge (progression skills)</li><li>4. Back bends preparation skills</li><li>5. Kick over from back bends</li><li>6. Introduce half turns and full turns with Relevé on one foot.</li></ol>
<b>VAULT</b>	<ol style="list-style-type: none"><li>1. Sprints 4 times</li><li>2. High knees 4 times</li><li>3. Deer runs 2 times</li><li>4. Handstand to pop skill on tumble track</li><li>5. Half fly spring to land on red crash mat(hands on trapezoid and flat back on red crash mat)</li><li>6. Side stations – positioning circuits for hand spring on Vault</li></ol>
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"><li>1. Wolf jumps</li><li>2. Split leaps and split jumps</li><li>3. Fly spring preparation drills with the booster box and big octagon shape in front of it (hand on the booster box and flip over, back on the octagon land on to feet)</li><li>4. Hurdle to round off snap and straight jump</li></ol>



Station	Drill/Skill
	<ol style="list-style-type: none"><li>5. Side stations</li><li>6. Back ward roll to front support</li><li>7. Handstand forward roll.</li></ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"><li>1. Split jumps</li><li>2. Switch splits</li><li>3. Preparation for fly springs</li><li>4. Front flip preparation into the foam pit</li><li>5. Fly springs with Assistance</li><li>6. Side stations- leg lifts and rope</li></ol>