

Sphere 3 Week 7

GOALS:

1. Back hip circle
2. Handstand – medium beam
3. Handspring dismount on beam
4. Hurdle round off
5. Handstand to bridge
6. Fly spring

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast feet to horizontal then feet to straddle on bar (straddle shoot dismount on feet with Assistance) land on red crash mat. 2. Glide kips and lots of drop kips (Assisted) 3. Back hip circle (Assistance if needed) 4. Kip timer (hold legs and lifts from swing to front support), kip progression 5. (Strap bar)- Pull over to casts and push away to long hang swings. 6. Leg cut forward positions and stride circle with assistance. 7. Note: Please include conditioning as side stations.
BEAM	<ol style="list-style-type: none"> 1. Forward roll to stand on high beam (use sting mat) 2. Lunge to handstand on Medium beam 3. Cartwheel on Medium beam (with spotting boxes on either sides) 4. Handspring to land on feet (Dismount, Assist if required) 5. Mount to middle split on low beam to stand and chasse & skilling length of beam 6. One foot mount to stand on med or high beam with beat board 7. Side stations- releve to step half turns and full turns on low beam
FLOOR	<ol style="list-style-type: none"> 1. Hurdle to round off and rebound to back land on waist height mat. 2. Handstand to spring from block onto feet. 3. Backward roll with bent arms, Extension to handstand. 4. Handstand to bridge 5. Bridge to stand on feet (progression drills) 6. Kick over from back bends 7. half turns and full turns with Releve on one foot. 8. Back walk over with large octagon shape (remind them to keep their arms straight, most common mistake)
VAULT	<ol style="list-style-type: none"> 1. Sprints 6 times 2. Deer runs 2 times 3. Handstand to pop skill on tumble track 4. Fly spring to feet on TT 5. Run to jump hand spring to land on 60 cm crash mat, assistance required 6. Run on TT, Hands on spotting box to handspring on the crash mat(use road beam and spotting box on top for set up) 7. Side stations – positioning circuits for hand spring on Vault Side stations –

Station	Drill/Skill
	positioning circuits for hand spring on Vault
TUMBL TRACK	<ol style="list-style-type: none"> 1. Run jump to front flip in the foam pit 2. Split leaps and split jumps 3. 3 Chasse's to step and change to different leg. 4. Fly spring to land on feet. 5. Hurdle to round off snap with various jumps 6. Side stations 7. Back ward roll to front support. 8. Back walk over with octagon shape.
TRAMPOLINE	<ol style="list-style-type: none"> 1. Split jumps to switch splits jumps 2. One leg handspring to feet 3. Fly springs to feet 4. Front flip into the foam pit 5. Handstand to bridge with sting mat on tramp 6. Side stations- leg lifts and rope