

# Intro to Tumbling **Week 9**

## GOALS:

1. Splits
2. Bridges
3. Kickovers
4. Back roll
5. Handstand hold

Station	Drill/Skill
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. practice kicking up to handstand before stations</li> <li>2. cartwheel station (round off, red block) then cartwheels on floor</li> <li>3. backroll station (cheese &amp; orange block &amp; floor)</li> <li>4. back handspring station (roller &amp; red blocks) - spotted</li> <li>5. handstand station (kick to hold on wall)</li> <li>6. headstand station (red block)</li> <li>7. walking handstand station</li> <li>8. bridge kick-overs w box/rainbows</li> <li>9. handstand flatback</li> <li>10. timber station</li> </ol>
<b>TUMBLE TRACK / FLOOR</b>	<ol style="list-style-type: none"> <li>1. donkey kicks</li> <li>2. plank pulses using wrists and feet</li> <li>3. egg rolls</li> <li>4. cartwheels</li> <li>5. handstand fallback into pit</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. land on back (tramp)</li> <li>2. flips into pit or handstand fallback into pit</li> <li>3. skin the cat on pit bar</li> <li>4. use floor space until other group gets there</li> </ol>
<b>FLOOR (LINES)</b>	<ol style="list-style-type: none"> <li>1. front rolls (up no hands)</li> <li>2. superman rolls</li> <li>3. back rolls</li> <li>4. x10 candle to stand without using hands</li> <li>5. x25 crunches</li> <li>6. x25 leg lifts</li> <li>7. 30s superman hold</li> <li>8. 30s handstand hold</li> </ol>