



Sphere 1 Week 2

GOALS:

1. Swings with regrasp
2. Balances on beam
3. Back rolls
4. Handstand on wall
5. Spring board technique
6. Jumping technique

Station	Drill/Skill
BARS	<ol style="list-style-type: none">1. Front support2. Casts (hips on bar)3. Casts to push away from bar and land on mat4. Long or baby swings (show regrasp)5. Roll over bar from front support to hang6. Leg lifts on bar, v-snaps on floor
BEAM	<ol style="list-style-type: none">1. Warmup:2. Forward walking (flat foot); Backward walking (flat foot)3. Balances: Arabesque, stork stand, knee scale Jumps on beam: straight, tuck Various jump dismounts
FLOOR	<ol style="list-style-type: none">1. Presentations2. Bridge work3. Review straight, tuck and star jumps and introduce pike jump and jump 1/2 turn Front roll (on floor and down incline)4. Back shoulder roll down incline5. Reverse wall handstands6. Front roll and jump combinations (such as front roll into tuck jump)
VAULT	<ol style="list-style-type: none">1. Sprints2. Mule kicks down mat3. Spring board use and technique (consecutive straight jumps on top of springboard pushing right off feet, arms up holding foam cube)4. Using spring board or mini tramp, jump to knees, stand up, various jumps off (or courage vault)5. Introduce squat on using spring board or mini tramp6. If space permits, set up station to practice all vaults with a spring board and large block



Station	Drill/Skill
TUMBL TRACK	<ol style="list-style-type: none">1. Review on floor the various jumps (straight, tuck and star) – add pike jump and straddle jump Review with all gymnasts spread out, at the same time on Tumbletrak the various jumps2. Next, in succession down track, continuous:3. Jumping landing with legs together and apart: Straight jumps, Tuck jumps, Star jumps, Pike jumps, Straddle jumps4. Jumps over blocks or foam cubes (vary the jumps)5. Jumps off end of TumbleTrak
TRAMPOLINE	<ol style="list-style-type: none">1. Review: Safety and trampoline positioning (where to jump on trampoline and where to look), Stop bounce How to jump (2 feet, arm circles, legs together in air but apart on landing)2. Introduce jump combinations such as straight jump, tuck jump, star jump Introduce pike jump and jump 1/2 turn3. Stations: leg lifts on wall bars, reverse wall handstands, jump over foam cubes and banana rocks4. Play "Popcorn"