

Sphere 1 Week 9

GOALS:

1. Cast to straddle
2. Cartwheel on beam
3. Routine on beam
4. Handstand roll
5. Squat on / straddle over vault
6. Routines on trampoline

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast to straddle on bar 2. Straddle dismount with spotting (from straddle hang) 3. Long swings and long pullover from swing 4. Pullover to cast then back hip circle 5. Leg lifts on bar, pushups Chinups, V-snaps to log roll to v-snap and repeat
BEAM	<ol style="list-style-type: none"> 1. Warmup: Forward walking on toes Backward walking on toes 2. Back shoulder roll 3. Cartwheel on beam for those that can do a cartwheel on floor 4. Introduce round off dismount (for those that can do cartwheel) – can start on low beam 5. Have gymnasts create routine with 5 elements
FLOOR	<ol style="list-style-type: none"> 1. Presentations 2. Kick to handstand roll out (with spot or on thick mat) 3. Kick to handstand and come back down on feet to starting position Introduce dive roll with springboard and thick mat 4. Teach mini line routine using acro and gym. <p>Examples:</p> <p>1 – Present, chassé, cat leap, front roll, cartwheel tuck jump, present. 2 – Present, cartwheel, back straddle roll, jump 1/2 turn, chassé to split leap, present. 3 – Present, kick to handstand and step back down, chassé, stag leap, jump full turn, front straddle roll, present.</p>
VAULT	<ol style="list-style-type: none"> 1. Sprints 2. Handstand pops (ensure both feet are off floor before popping) 3. Jump consecutively with feet and legs together over foam blocks 4. Spring board use and technique (hurdle to spring board, land with 2 feet, jump off and stick landing) 5. Squat over 6. Straddle over 7. Introduce stoop on using spring board or mini tramp 8. 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 with all gymnasts spread out, at the same time on Tumbletrak the various jumps (straight, tuck, star, pike and straddle, jump 1/2 turn and jump full turn and wolf jump and split jump, stag and double stag jump) 2. Introduce 1/2 turn tuck jump Introduce mule kicks down track 3. Next, in succession down track, continuous all jumps and jump variations 4. Combine jumps, jumps over boxes, rolls down inclines and rolls on top of boxes in succession 5. Have gymnasts be creative and make their own combinations If available, introduce beginner dive roll off end into large landing mat
TRAMPOLINE	<ol style="list-style-type: none"> 1. Warmup: 10 X seat drops 2. Seat drop to front drop also swivel hips to front drop Introduce back drop 3. Have gymnasts try short routines. Examples: <ol style="list-style-type: none"> 1 – tuck jump, pike jump, seat drop, jump 1/2 turn, front drop to feet 2 – swivel hips, tuck jump, straddle jump, seat drop 1/2 turn to feet 4. Stations: held pike and tuck position on wall bars, banana rocks with foam cube between ankles, bridges, clap pushups Play “Add One”