

Sphere 2 Week 2

GOALS:

1. Front support roll over
2. Chin up hold
3. Rolls on cheese
4. Donkey kicks
5. Kick to handstand
6. Body positioning for jumps on trampoline

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Front support to roll over, land on feet 2. Casts (hips on bar) 3. Chin up hold with V-shape 4. L-hold & V-hold "hang position" 5. Chin ups with "Elastic band" (conditioning)
BEAM	<ol style="list-style-type: none"> 1. Mount to feet on low beam 2. Walk forward on tip-toes (high beam) 3. Walk backward on tip-toes (low beam) 4. Scale balance (low beam) 5. Jumps (dismount)
FLOOR	<ol style="list-style-type: none"> 1. Presentation (explain the ways of start and finish of the skills) 2. Forward roll (cheese mat) 3. Backward roll (cheese mat) 4. Handstand (tummy facing wall) 5. Various jumps on the spot 6. Step kick to lever position
VAULT	<ol style="list-style-type: none"> 1. Sprints x5 2. High knees x5 3. Run jump on beat board land on box 4. Donkey kicks (supporting box and air board) 5. Kick to handstand (against wall)
TUMBL TRACK	<ol style="list-style-type: none"> 1. Explain to them the arms positioning and body structure's (side stations are essential) 2. Straight jumps 3. Tuck jumps 4. Straddle jumps 5. Combination of various jumps 6. SIDE STATIONS 7. Forward and backward rolls (cheese mat) 8. Handstand (for body alignment) Explain to them the safety measures for this skill



Station	Drill/Skill
TRAMPOLINE	<ol style="list-style-type: none">1. Explain about the arms positioning with each jumps2. Jumps (straight, tuck, star, pike)3. Dive roll progression (off tramp into foam pit)4. SIDE STATIONS5. leg lifts on wall bar6. Rope climb “try out”7. Box jumps “supporting box”