

# Advanced Kinder **Week 1**

## FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
<b>WARM UP</b>	<ol style="list-style-type: none"> <li>1. Game option: fire!! (pulling each other on a thin/sting mat – building strength and stamina)</li> <li>2. Normal sphere 1 warm up</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Proper shape of bridges – feet up on block, pushing over shoulders</li> <li>2. Lever lunge – with force against wall</li> <li>3. Backwards rolls and forward rolls to standing – work on present</li> <li>4. Front and back support station – proper technique (locked out arms, neutral neck, squeezing through shoulders)</li> <li>5. Rope holds</li> <li>6. Cartwheels on lines using good technique</li> <li>7. Handstands with belly against wall</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Hollow hold station / log rolls</li> <li>2. Sprint / running to vault, proper hurdle onto vault</li> <li>3. Hurdle station (orange arch and foot placement)</li> <li>4. Straight jumps onto block with beat board (pushing through toes)</li> <li>5. Jump half turn and jump full turns off block</li> <li>6. Rebound jumps / donkey kicks, snap down straight jump</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Forward roll on floor beam</li> <li>2. Walking forwards, sideways, backwards on higher beams</li> <li>3. Airplane kicks</li> <li>4. Extended kicks</li> <li>5. Revees</li> <li>6. Pivot turns</li> <li>7. Small jumps or hops down beam</li> <li>8. Game at the end!</li> </ol>
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Right technique for squeezing muscles</li> <li>2. Long holds proper technique</li> <li>3. Swinging proper technique</li> <li>4. Drill for glide swings on Pbars</li> <li>5. Leg lifts on ladders</li> <li>6. Front support rollovers</li> <li>7. Pullovers</li> <li>8. Stride support</li> <li>9. Chin ups</li> </ol>



Station	Drill/Skill
<b>TRAMPOLINE / TUMBLE TRACK</b>	<ol style="list-style-type: none"><li>1. Straight jumps – tight body, arms tight, pushing feet down as they jump</li><li>2. Forwards and backward jumping</li><li>3. Tuck jumps (getting good height)</li><li>4. Front support pops</li><li>5. Donkey kicks on block, practicing getting legs higher</li><li>6. Donkey kicks roll out on block</li><li>7. Split jumps</li><li>8. Kick of handstands</li></ol>