

## Intro to Tumbling **Week 8**

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### 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. cartwheel station (&amp; round off, red block)</li> <li>2. backroll station (cheese - orange block - floor)</li> <li>3. back handspring station (roller &amp; 3 red blocks)</li> <li>4. handstand station (kick to hold on wall)</li> <li>5. handstand flat back red crash mat</li> <li>6. headstand station (red block)</li> <li>7. sideways walking handstand station</li> <li>8. bridge kick-overs w box/rainbows</li> <li>9. dive rolls onto red crash mat</li> </ol>
<b>TUMBLE TRACK / FLOOR</b>	<ol style="list-style-type: none"> <li>1. donkey kicks</li> <li>2. plank hops</li> <li>3. egg rolls</li> <li>4. full turns (feet together)</li> <li>5. cartwheels</li> <li>6. round offs</li> <li>7. handstand fallback into pit</li> <li>8. use vault if available</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. land on back</li> <li>2. land on stomach</li> <li>3. seat drop - half turn into seat drop</li> <li>4. flips OR handstand fallback into pit</li> <li>5. skin the cat on pit bar</li> <li>6. 25 crunches</li> <li>7. 25 leg lifts</li> <li>8. 30s superman hold</li> <li>9. add on more if not done properly</li> </ol>