

# Sphere 1 Week 1

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## GOALS:

1. Casts
2. Front support
3. Mounts on beam
4. Jumps on floor
5. Spring board technique
6. Jumping technique

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Front support</li> <li>2. Casts (hips on bar)</li> <li>3. Casts to push away from bar and land on mat</li> <li>4. Long or baby swings (show regrasp)</li> <li>5. Leg lifts on bar, v-snaps on floor</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. How to mount (front support on side of beam, one leg over so legs straddle beam, bend both knees behind and push up with feet to stand)</li> <li>2. Forward walking (flat foot)</li> <li>3. Backward walking (flat foot) – teach how to feel for beam with feet</li> <li>4. Balances: Arabesque, stork stand Various jump dismounts</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Presentations</li> <li>2. Bridge work</li> <li>3. Jumps: Straight, Tuck, Star</li> <li>4. Front roll (on floor and down incline)</li> <li>5. Reverse wall handstands</li> <li>6. Front roll and jump combinations (such as</li> <li>7. front roll into tuck jump)</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Sprints</li> <li>2. Wall Rebounds</li> <li>3. Pushups</li> <li>4. Spring board use and technique (hurdle to spring board, land with 2 feet, jump off and stick landing)</li> <li>5. Using spring board or mini tramp, jump to knees, stand up, various jumps off (or courage vault)</li> <li>6. If space permits, set up station to practice all vaults with a spring board and large block</li> </ol>

Station	Drill/Skill
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Teach on floor the various jumps (straight, tuck and star)</li> <li>2. Teach with all gymnasts spread out, at the same time on Tumbletrak the various jumps</li> <li>3. Next, in succession down track, continuous:</li> <li>4. Jumping landing with legs together and apart: Straight jumps, Tuck jumps, Star jumps</li> <li>5. Combinations of the above jumps in succession Jumps off end of TumbleTrak</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. Safety and trampoline positioning (where to jump on trampoline and where to look) Stop bounce</li> <li>2. How to jump (2 feet, arm circles, legs together in air but apart on landing) Jumps: Straight, tuck and star</li> </ol> <p>*Note: Give each child 10 bounces before switching turns each time Play "Popcorn"</p> <ol style="list-style-type: none"> <li>3. Stations: leg lifts on wall bars, reverse wall handstands, bridges, pushups with feet elevated on mat</li> </ol>