

Sphere 2 Week 9

GOALS:

1. Squat on – low bar
2. Chin up pullover
3. Small leap on beam
4. Round off
5. Handstand roll
6. Handstand flatback

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Glide swing to sandwich (Self) 2. Introduce squat on , on low one bar 3. Small swing with straight legs (teach to tap and positioning and when to let go the bar) 4. Chin up pull over to cast 5. Conditioning- Pike shape hold 30 sec each turn, chin ups
BEAM	<ol style="list-style-type: none"> 1. Dip to small leap and land on other foot 2. Straight jump medium beam 3. Chasse and leap on low beam 4. Forward roll on medium beam, sting mat on top 5. 180 turn on one foot with releve (start with progression with releve to step) 6. Cartwheel on low beam if advance or on floor lines
FLOOR	<ol style="list-style-type: none"> 1. Kick to handstand and forward roll (down to cheese mat) 2. Kick to handstand and back to feet 3. Dive roll from spring board to rezi mat 4. Power hurdle station 5. Cartwheel and round off if advance
VAULT	<ol style="list-style-type: none"> 1. Fast sprinting 8 laps 2. Deer run 3 laps 3. Slow run jump on air board and tilt to 90 degrees land back on vault 4. Handstand to flat back on red crash mat 5. Kick to handstand and stand back in position.
TUMBL TRACK	<ol style="list-style-type: none"> 1. Review with all gymnasts spread out, at the same time on 2. Tumble trak the various jumps (straight, tuck, star, pike and straddle, jump 540 turns or 720 turns) – add wolf jump 3. Next, in succession down track, continuous: 4. Two Straight jumps with dive roll Jumps to dive roll on blue rezi mat Straddle jumps 5. Jump turns to 540 or 720 6. Wolf jump 7. Various jump combinations 8. Chasse to split leap

Station	Drill/Skill
TRAMPOLINE	<ol style="list-style-type: none"> 1. 10 X continuous various jumps ending in stop bounce 2. Split jumps to straddle jump combination 3. Straddle jump to straight jump combination Dive roll on to crash mat in the foam pit (put cheese mat on crash mat for more height) Donkey kicks feet or knees to hands 4. Stations: leg lifts on wall bars, wall handstands, jump on and off boxes – various jumps – stick landings