

Sphere 3 Week 8

GOALS:

1. Cast to feet above horizontal
2. Stride circle
3. Dive roll beam dismount
4. Handspring beam dismount
5. Fly spring on TT
6. Front flip onto crash mat

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast feet to horizontal then feet to straddle on bar (straddle shoot dismount on feet with Assistance) land on red crash mat. 2. Cast to feet above horizontal 3. Glide kips with assistance, drop kips if needed 4. Back hip circle (Assistance if needed) 5. Squat on progression (single bar on the floor) 6. (Strap bar)- Pull over to casts and push away to long hang swings. 7. Leg cut forward positions and stride circle with assistance. 8. Note: Please include conditioning as side stations.
BEAM	<ol style="list-style-type: none"> 1. Lunge to handstand on Medium beam 2. Stand on edge and dive roll on the mat same as beam height 3. Dance series with 2 skills from CAN group A 4. Cartwheel on Medium beam (with spotting boxes on either sides) 5. Handspring to land on feet (Dismount, Assist if required) 6. Mount to middle split on low beam to stand and chasse & skilling length of beam 7. One foot mount to stand on med or high beam with beat board 8. Side stations- releve to step half turns and full turns on low beam
FLOOR	<ol style="list-style-type: none"> 1. Hurdle to round off and rebound to back land on waist height mat. 2. Handstand to spring from small box onto feet. 3. Backward roll with bent arms, Extension to handstand. 4. Handstand to bridge to stand on feet (front limber, Assisted) 5. Backbend to 2 booster boxes and back to feet (limber progression drill) 6. half turns and full turns with Releve on one foot. 7. Back walk over with large octagon shape (remind them to keep their arms straight, most common mistake)
VAULT	<ol style="list-style-type: none"> 1. Sprints 6 times 2. Deer runs 2 times 3. Handstand to pop skill on tumble track 4. Fly spring to feet on TT 5. Run to jump hand spring to land on 60 cm crash mat, assistance required 6. Run on TT, Hands on spotting box to handspring on the crash mat(use road beam and spotting box on top for set up)

Station	Drill/Skill
	7. Side stations – progression circuits for handspring to feet.
TUMBL TRACK	<ol style="list-style-type: none"> 1. Run jump to front flip in the foam pit 2. Split leaps and split jumps 3. Chasse to sissonne 4. Fly spring to land on feet. 5. Hurdle to round off snap with various jumps 6. Side stations: 7. Back ward roll to front support. 8. Back walk over with octagon shape.
TRAMPOLINE	<ol style="list-style-type: none"> 1. Introduce different jumps with connectivity.(include split, wolf, switch splits, sissonne etc) 2. One leg handspring to feet 3. Fly springs to feet 4. Front flip on to the crash mat in foam pit 5. Handstand to bridge with sting mat on tramp 6. Side stations- leg lifts and rope