

Sphere 2 Week 3

GOALS:

1. Glide swing
2. Beat swings
3. Kicks on beam
4. Cartwheel
5. Donkey kicks
6. Rope climb

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Glide swing "Shaping progression" 2. Casts connected 3. Beat swings 4. Chin up hold with V-shape 5. Chin up's with elastic band (conditioning)
BEAM	<ol style="list-style-type: none"> 1. Forward and backward walking on tip-toes (high beam) 2. Kicks on low beam 3. Releve walks on low beams 4. Scale balance (high beam, assisted) 5. Dismount (various jumps)
FLOOR	<ol style="list-style-type: none"> 1. Forward roll flat surface 2. Backward roll (cheese mat) 3. Lunge lever to handstand (against cheese mat) 4. Hurdle to step lunge lever to needle kick 5. Cartwheel (progression drills)
VAULT	<ol style="list-style-type: none"> 1. Sprints x5 2. High knees x5 3. Run jump onto beat board land on box 4. Lunge lever to handstand (against wall) 5. Donkey kicks (supporting box and Air board)
TUMBL TRACK	<ol style="list-style-type: none"> 1. Combination of various jumps 2. Forward roll to stand 3. Split jumps (basic) 4. SIDE STATIONS 5. Backward roll cheese mat 6. Headstand to forward roll



Station	Drill/Skill
TRAMPOLINE	<ol style="list-style-type: none">1. Straight, tuck, star & pike combination2. Straddle jumps3. Dive roll progression (off the tramp into the foam pit)4. Side stations5. Leg lifts & pike hold6. Rope climb (assisted)