



Advanced Kinder **Week 9**

Station	Drill/Skill
<p>TRAMPOLINE / POMMEL FLOOR</p>	<ol style="list-style-type: none"> 1. Round-off to straight jump 2. Box jumps 3. Sit ups with weight (or heavier object in hand) 4. Jump rope 5. Hands on pommel horse L-rebounds from box 6. Half of ladder stretching splits 7. Other half of ladder raising feet as high as possible hold and slow coming down
<p>FLOOR</p>	<ol style="list-style-type: none"> 1. TT Rec (everyone attempts Front & Back handsprings some with cylinder) 2. Rebounds from beat board to tramp 3. Front support (hollowed push up) on beat board keeping arms straight and tight 4. Block and yoga ball L-shaped push ups 5. Front support to back support feet elevated on block <p>*Superman slide: parachute on incline and smaller parachute on top girls run and slide on their stomachs</p> <p>*Relay races after a few rotations</p>
<p>VAULT</p>	<ol style="list-style-type: none"> 1. Jump to front roll over cylinder 2. Backwards straight jump off block 3. Log roll on inch mat 4. Run beat board straight jump