

## Mini 2's Week 7

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### FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
<b>WARM UP</b>	<ol style="list-style-type: none"> <li>1. Game: Bean bag game</li> </ol>
<b>POMMEL BALANCE CIRCUIT</b>	<ol style="list-style-type: none"> <li>1. Setting up bean bag toss through hoop set up on pommel horse, crawl through hoop after</li> <li>2. High five blocks on the way up climbing ladders</li> <li>3. Jumps over blocks (springs)</li> <li>4. Forward rolls on squishy mat</li> <li>5. Log roll bowling</li> </ol>
<b>TUMBLE TRACK / FLOOR</b>	<ol style="list-style-type: none"> <li>1. Airplanes and stork stands on bosu ball</li> <li>2. Tunnels and slide</li> <li>3. Block pit under rings</li> <li>4. Jump to knee support and motorcycle off</li> <li>5. Tunnels and slide</li> <li>6. Tunnel on block and walk one side to another</li> <li>7. Forward rolls over rolling block</li> <li>8. Log rolls down cheese holding puzzle piece</li> </ol>
<b>SWING CIRCUIT</b>	<ol style="list-style-type: none"> <li>1. Flor bar tunnel walking</li> <li>2. Jumping feet up and off block holding onto bar</li> <li>3. Tuck holds / jumps on mini paralets</li> <li>4. Swinging on big bar by themselves, try moving hands side to side</li> <li>5. Sole hangs and swinging</li> <li>6. Climbing ladders</li> <li>7. Climbing through tunnels / blocks</li> </ol>