

Mini 2's Week 3

FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
WARM UP	<ol style="list-style-type: none"> 1. Red light green light – different stationary positions and locomotions
FLOOR	<ol style="list-style-type: none"> 1. "Floor is lava" type circuit 2. Climbing over and jumping to lots of parkour blocks 3. Forward roll and log rolls 4. Jumping off parkour wall – set up ramp/stairs 5. Swinging on mini rings
POMMEL BALANCE CIRCUIT	<ol style="list-style-type: none"> 1. Floor beams walking by themselves / kicking over bowling pins 2. Feet on floor beam and hands on medium beams 3. Bear crawls over pilons on 2 mini beams 4. Floor pommel jump legs over 5. Jumping through hoops, springs 6. Climb ladders 7. Jumping off pommel (motorcycle)
TUMBLE TRACK	<ol style="list-style-type: none"> 1. Jumping through hoops on trampoline 2. Swinging on rings – swing over octagonal block and jump onto squishy mat 3. Swings on rope 4. Tunnel 5. Puzzle pieces 6. Slide