

# Sphere 2 Week 1

## GOALS:

1. Front support
2. Mount beam to feet
3. Tip toe walking
4. Sprints
5. 3 step beat board
6. Donkey kicks

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Front support</li> <li>2. Front support to roll over, land on feet</li> <li>3. Casts (hips on bar)</li> <li>4. Chin up hold with V-shape</li> <li>5. L-hold OR V-hold "hang"</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Mount to feet on low beam</li> <li>2. Walk on tip-toes on low beam</li> <li>3. Straddle hold on high beam</li> <li>4. Scale balance on low beam</li> <li>5. Jumps dismount</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Forward roll (cheese mat)</li> <li>2. Backward roll (cheese mat)</li> <li>3. Handstand (tummy facing the wall)</li> <li>4. Hurdle to step lunge</li> <li>5. Various jumps with spring board</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Sprints</li> <li>2. 3 steps, jump on beat board land on box (side station)</li> <li>3. Donkey kicks (supporting box &amp; air board)</li> <li>4. Kick to handstand (against the wall)</li> </ol>
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Explain to them the arm positioning and body structures during the skills. (side stations are essential)</li> <li>2. Various jumps (tuck, star, straddle, pike)</li> <li>3. Donkey kicks "feet to hands"</li> <li>4. Kick to handstand (for soft landing if falls)</li> <li>5. SIDE STATIONS:</li> <li>6. Forward &amp; backward rolls (cheese mat)</li> <li>7. Handstand (for body alignment) Explain to them the safety measures for this skill</li> </ol>



Station	Drill/Skill
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"><li>1. Straight jumps “arm swing up to ears”</li><li>2. Tuck jumps</li><li>3. Star jumps “arm swing to side”</li><li>4. SIDE STATIONS</li><li>5. Leg lifts on wall bars</li><li>6. Rope climb “try out”</li></ol>