

## Mini 2's Week 4

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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: hula hoop game</li> </ol>  |
| <b>FLOOR</b>                     | <ol style="list-style-type: none"> <li>1. "floor is lava" circuit (blocks to climb and travel around on)</li> <li>2. Forward roll and log roll over red mat (hoist red mat over a tall blue one to make a 'mountain')</li> <li>3. Swinging on the rings – swing over a and let go to land on squishy mat (spotting from parents or coach)</li> <li>4. Swing on ropes (start swinging on block) or learning to grab and hold on</li> <li>5. Jump up knees onto block, stand up, motorcycle off</li> <li>6. Cylinder to push or do forward rolls on</li> <li>7. Puzzle pieces and foam blocks</li> </ol> |
| <b>BARS</b>                      | <ol style="list-style-type: none"> <li>1. Swinging and kicking over a block</li> <li>2. Jump to support (cheese or bosu ball, teaching straight arms)</li> <li>3. Walking legs up rainbow while holding onto bar</li> <li>4. Create tunnel with paralet and make them crawl through</li> <li>5. Floor bars – do bear or table on them</li> </ol>   |
| <b>TUMBLE TRACK / TRAMPOLINE</b> | <ol style="list-style-type: none"> <li>1. Forward rolls or log rolls into the foam pit</li> <li>2. Swing on rope if possible and land in foam pit</li> <li>3. Tuck jumps on tramp</li> <li>4. Falling on their bum</li> <li>5. Backward falls or cannonballs into the foam pit</li> <li>6. Hula hoops on tramp / blocks to climb under and over</li> </ol>   |