

## Mini 2's Week 2

---

### 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: walking through the jungle</li> <li>2. Animals: cheetahs (running), giraffes (tiptoes), elephants (big stomps), bunny (bunny hops), bear (bear walks), frog (froggy hops).</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Walking with assistance on medium beam</li> <li>2. Walking with less assistance on floor beam</li> <li>3. Balancing on bosu ball (airplanes, stork stands, by themselves)</li> <li>4. Jump off beam</li> <li>5. Log rolls with bowling pins</li> <li>6. Zig Zag walking through pilons</li> <li>7. Stork stands on smaller beams</li> <li>8. Swinging on rings</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Swinging on rings</li> <li>2. Jumping through hoops with 2 feet</li> <li>3. Puzzles and balls to play with</li> <li>4. Tunnels</li> <li>5. Bear walks over cones between 2 beams</li> <li>6. Jumps on and off blocks</li> <li>7. Slide</li> <li>8. Forward rolls/log rolls</li> <li>9. Walking in tunnel with block</li> </ol>
<b>TUMBLE TRACK / TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. Run up and down cheeses</li> <li>2. Log rolls and forward rolls down second cheese</li> <li>3. Swinging on rings (try tuck and pike)</li> <li>4. Swinging and holding onto rope</li> <li>5. Airplanes and stork stands on bodu ball</li> <li>6. Jump to knee support</li> <li>7. Jumping from two feet off block after throwing bean bag into hoop</li> </ol>