

Advanced Kinder **Week 7**

FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
WARM UP	<ol style="list-style-type: none"> 1. Game option: fire!! (pulling each other on a thin/sting mat – building strength and stamina) 2. Normal sphere 1 warm up
FLOOR	<ol style="list-style-type: none"> 1. Proper shape of bridges – feet up on block, pushing over shoulders 2. Lever lunge – with force against wall 3. Backwards rolls and forward rolls to standing – work on present 4. Front and back support station – proper technique (locked out arms, neutral neck, squeezing through shoulders) 5. Rope holds 6. Cartwheels on lines using good technique 7. Handstands with belly against wall
VAULT	<ol style="list-style-type: none"> 1. Hollow hold station / log rolls 2. Sprint / running to vault, proper hurdle onto vault 3. Hurdle station (orange arch and foot placement) 4. Straight jumps onto block with beat board (pushing through toes) 5. Jump half turn and jump full turns off block 6. Rebound jumps / donkey kicks, snap down straight jump
BEAM	<ol style="list-style-type: none"> 1. Forward roll on floor beam 2. Walking forwards, sideways, backwards on higher beams 3. Airplane kicks 4. Extended kicks 5. Revees 6. Pivot turns 7. Small jumps or hops down beam 8. Game at the end!
BARS	<ol style="list-style-type: none"> 1. Right technique for squeezing muscles 2. Long holds proper technique 3. Swinging proper technique 4. Drill for glide swings on Pbars 5. Leg lifts on ladders 6. Front support rollovers 7. Pullovers 8. Stride support 9. Chin ups



Station	Drill/Skill
TRAMPOLINE / TUMBLE TRACK	<ol style="list-style-type: none">1. Straight jumps – tight body, arms tight, pushing feet down as they jump2. Forwards and backward jumping3. Tuck jumps (getting good height)4. Front support pops5. Donkey kicks on block, practicing getting legs higher6. Donkey kicks roll out on block7. Split jumps8. Kick of handstands