

## Sphere 2 Week 5

### GOALS:

1. Glide swing
2. Chin up hold
3. Kicks on high beam
4. Lunge lever to handstand
5. Headstand roll
6. Split jump

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Glide swing to drop bean bag inside the hoola hoop ( target to open hips)</li> <li>2. Sandwich shape (Glide kip progression)</li> <li>3. Casts connected and casts connected to push bar dismount</li> <li>4. Chin up hold with pull over (setup with the box inclined to kick over) Beat swings</li> <li>5. Conditioning – chin-ups with elastic band</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Forward walk and backward walk combination ( Releve position)</li> <li>2. Kicks on high beam</li> <li>3. Kicks to Releve walk (combination)</li> <li>4. Forward roll on the floor lines (forward roll on beam progression)</li> <li>5. Dismount- Straddle and half turn jumps</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Forward roll over the foam block on flat Surface (use sting mat)</li> <li>2. Backward roll on the low incline surface (ex Spring board) use sting mat on top of board</li> <li>3. Lunge lever to hand stand ( against the cheese mat)</li> <li>4. Headstand to press handstand (against cheese mat)</li> <li>5. Cartwheel (progression drills)</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. High knees to sprint combination 5 laps</li> <li>2. Run jump on beat board land on box and immediately jump off with various jumps</li> <li>3. Handstand to fall in straight lying position</li> <li>4. Straight jump to prone fall onto 8cm safety mat</li> <li>5. Lunge to lever, kick to handstand against the wall</li> </ol>
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Combination of various jumps</li> <li>2. Jump and dive over one foam cube</li> <li>3. Split jump(basic + progression drills)</li> <li>4. Jump to 360 or 540 degrees turns</li> <li>5. Headstand to forward roll</li> </ol>



Station	Drill/Skill
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"><li>1. Various jumps combination</li><li>2. Straddle jump to touch toes</li><li>3. Split jump (each leg)</li><li>4. Dive roll progression drill (off the tramp in to the foam pit, over foam cubes)</li><li>5. Side stations- Rope; Leg lifts on wall bars</li></ol>