

Intro to Tumbling **Week 5**

GOALS:

1. Handstand flat back
2. Arabesque
3. Pivot turns
4. Split jumps

| Station | Drill/Skill |
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| TRAMPOLINE | <ol style="list-style-type: none"> 1. Progressions to front tuck into pit 2. Older Group: <ul style="list-style-type: none"> - Handstand to land in flat back (Start with mat) 3. Younger Group: <ul style="list-style-type: none"> - Jump roll to stand |
| POMMEL FLOOR | <ol style="list-style-type: none"> 1. Arabesque hold on floor beam if available or on pommel 2. Hands on ladder knee drive (10 each leg repeat) 3. Hands on ladder stretching straddle hold 4. Hands on ground feet on block holding tight hollow hold 5. Falling forward to catch front support lower body slowly to mat 6. Pivots and step pivots on mat 7. Jumping side to side & front to back (10 each, repeat) |
| FLOOR | <ol style="list-style-type: none"> 1. Arabesque hold on floor beam if available or on pommel 2. Hands on ladder knee drive (10 each leg repeat) 3. Hands on ladder stretching straddle hold 4. Hands on ground feet on block holding tight hollow hold 5. Falling forward to catch front support lower body slowly to mat 6. Pivots and step pivots on mat 7. Jumping side to side & front to back (10 each, repeat) |
| TUMBLE TRACK | <p>Older Group</p> <ol style="list-style-type: none"> 1. Band around knees and arms straight jumps down 2. Band around knees and arms hands on block with rebounds to handstand <p>Younger Group</p> <ol style="list-style-type: none"> 3. Split jumps 4. Work on sashays (start with hands on hips) |