

Sphere 1 Week 3

GOALS:

1. Leg lifts
2. Casts
3. Jumps on floor
4. Spring board technique
5. Jump combinations
6. Seat drops

| Station | Drill/Skill |
|--------------------|---|
| BARS | <ol style="list-style-type: none"> 1. Casts (hips come off bar and return to bar) 2. Casts to push away from bar and land on mat Long or baby swings (with regrasp) 3. Roll over bar from front support to hang Introduce pullover 4. Leg lifts on bar and attempt chinups |
| BEAM | <ol style="list-style-type: none"> 1. Warmup: Forward walking kick steps (flat foot) Backward walking kick steps (flat foot) 2. Balances: Arabesque, stork stand, knee scale 3. Jumps on beam: straight, tuck, pike (also combine with walking – ex: 2 steps then straight jump, 2 steps then tuck jump...) 4. 180 turn on 2-feet 5. Various jump dismounts |
| FLOOR | <ol style="list-style-type: none"> 1. Presentations 2. Review pike jump and jump 1/2 turn and introduce jump full turn Front roll on floor (or down incline) 3. Front roll to straddle sit (on floor and down incline) 4. Back shoulder roll down incline 5. Introduce kick to handstand against wall (with mat) |
| VAULT | <ol style="list-style-type: none"> 1. Sprints 2. Wall rebounds 3. Various jumps off blocks to practice landings 4. Spring board use and technique (hurdle to spring board, land with 2 feet, jump off and stick landing – also have gymnasts land on a mat slightly higher than the end of the spring board) 5. Using spring board or mini tramp squat on with various jumps off 6. If space permits, set up station to practice all vaults with a spring board and large block |
| TUMBL TRACK | <ol style="list-style-type: none"> 1. Review with all gymnasts spread out, at the same time on Tumbletrak the various jumps (straight, tuck, star, pike and straddle) – add jump 1/2 turn and jump full turn 2. Next, in succession down track, continuous: Straight jumps; Tuck jumps; Star jumps; Pike jumps; Straddle jumps; Jump full turn 3. Various jump combinations |



| Station | Drill/Skill |
|-------------------|--|
| | 4. Jumps over blocks or foam cubes (vary the jumps) 5. Add 2 inclines to the TumbleTrak for jump to front roll down the incline Jumps off end of TumbleTrak |
| TRAMPOLINE | 1. Warmup: 10 X continuous straight jumps ending in stop bounce 2. Introduce straddle jump (and jump full turn if gymnasts are ready) 3. Introduce seat drop and seat drop to stand/stop bounce (5 per turn) 4. Stations: leg lifts on wall bars, reverse wall handstands, bridges, pushups with feet elevated on mat 5. Play "Who Is Tight" – each gymnast lies takes a turn on back in middle of trampoline squeezing all muscles – coach double bounces and catches gymnast with straight body in arms |