

Sphere 3 Week 5

GOALS:

1. Back hip circle
2. Stride circle
3. Hurdle round off
4. Handstand bridge
5. Back walk over
6. Fly spring on TT

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast feet to horizontal then feet to straddle on bar (straddle shoot dismount progression) setup with one bar on floor for pre- preparation 2. Glide kips and lots of drop kips (Assisted) 3. Back hip circle (Assistance) 4. Kip timer (hold legs and lifts from swing to front support), kip progression 5. (Strap bar)- Pull over to casts and drop with under swing to connected long swings. 6. Leg cut forward positions and stride circle on (Strap bar) 7. Note: Please include conditioning as side stations.
BEAM	<ol style="list-style-type: none"> 1. Forward roll to stand on high beam (use sting mat) 2. Lunge to handstand on Medium beam 3. Cartwheel on low beam 4. Handspring to land on feet (Dismount, Assist if required) 5. Mount to middle split on low beam to stand and chasse & skilling length of beam 6. One-foot mount to stand on med beam with beat board 7. Side stations- straight and tuck jumps on high beam (if needed low beam)
FLOOR	<ol style="list-style-type: none"> 1. Hurdle to round off and cartwheel 2. Handstand to spring from block onto feet. 3. Backward roll with straight arms to front support on flat surface 4. Handstand to bridge (Assisted) 5. Back bends preparation skills 6. Kick over from back bends 7. half turns and full turns with Releve on one foot. 8. Back walk over with large octagon shape (remind them to keep their arms straight, most common mistake)
VAULT	<ol style="list-style-type: none"> 1. Sprints 6 times 2. Deer runs 2 times 3. Handstand to pop skill on tumble track 4. Fly spring to feet on TT 5. Run to jump hand stand (vault) flat back on the rezi mat in front of Vault table, Set up mat aligned with vault 110 cms 6. Side stations – positioning circuits for hand spring on Vault

Station	Drill/Skill
TUMBL TRACK	<ol style="list-style-type: none"> 1. Run jump to front flip in the foam pit 2. Split leaps and split jumps 3. 3 Chasse's to step and change to different leg. 4. Fly spring preparation drills with the booster box and big octagon shape in front of it (hand on the booster box and flip over, back on the octagon land on to feet) 5. Hurdle to round off snap and straight jump 6. Side stations 7. Back ward roll to front support 8. Handstand forward roll.
TRAMPOLINE	<ol style="list-style-type: none"> 1. Split jumps to switch splits jumps 2. One leg handspring 3. Fly springs 4. Front flip into the foam pit 5. Handstand to bridge with sting mat on tramp 6. Side stations- leg lifts and rope