

# Sphere 1 Week 8

## GOALS:

1. Back hip circle
2. Backroll on beam
3. Dance combinations
4. Landings
5. Jump combinations / routines
6. Seat drop to hand/knee drop

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Introduce cast to straddle on bar</li> <li>2. Introduce straddle dismount with spotting (from straddle hang)</li> <li>3. Long swings and long pullover from swing</li> <li>4. Pullover to cast then back hip circle</li> <li>5. Chinups, V-snaps to log roll to v-snap and repeat</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Warmup: Forward walking on toes Backward walking on toes Combinations: walking with leaps, jumps, turns and balances (gymnast creates)</li> <li>2. Back shoulder roll</li> <li>3. Squat on mount or straddle on mount (gymnast chooses)</li> <li>4. Introduce cartwheel on beam for those that can do a cartwheel on floor</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Presentations</li> <li>2. Teach dance combinations (such as chassé to cat leap, scissor kick, jump full turn)</li> <li>3. Back roll on floor</li> <li>4. Back straddle roll on floor</li> <li>5. Cartwheels on line</li> <li>6. Kick to handstand roll out (with spot or on thick mat)</li> <li>7. Kick to handstand and come back down on feet to starting position</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Sprints</li> <li>2. Wall rebounds</li> <li>3. Various jumps off blocks to practice landings</li> <li>4. Spring board use and technique (consecutive straight jumps on top of springboard pushing right off feet, arms up holding foam cube)</li> <li>5. Squat over</li> <li>6. Introduce straddle over</li> <li>7. If space permits, set up station to practice all vaults with a spring board and large block</li> </ol>

Station	Drill/Skill
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Review with all gymnasts spread out, at the same time on Tumbletrak the various jumps (straight, tuck, star, pike and straddle, jump 1/2 turn and jump full turn and wolf jump and split jump, stag and double stag jump)</li> <li>2. Introduce 1/2 turn to seat drop</li> <li>3. Have all gymnasts work on combinations/mini routines at the same time on the TumbleTrak using the various jumps and seat drop combinations</li> </ol> <p>Examples:</p> <ol style="list-style-type: none"> <li>1 – seat drop, star jump, straight jump, jump full turn, pike jump</li> <li>2 – straddle jump, pike jump, seat drop 1/2 turn to feet, stag jump, split jump</li> <li>3 – wolf jump, star jump, seat drop, jump 1/2 turn, seat drop, double stag jump</li> </ol> <ol style="list-style-type: none"> <li>4. If time permits, various, continuous jumps down length of track</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. Warmup: 10 X seat drops</li> <li>2. Hand/knee drop to front drop X 5 continuous and then to stand/stop bounce</li> <li>3. Seat drop to hand/knee drop to front drop then to stand/stop bounce</li> <li>4. Front drop from standing</li> <li>5. Introduce seat drop to front drop</li> <li>6. Stations: leg lifts on wall bars with foam between ankles, tucked v-snaps with foam between ankles, wall handstands, straddle press and pike press Play “Popcorn”</li> </ol>