

Sphere 3 Week 2

GOALS:

1. Glide swings alone
2. Long swings
3. Lunge to handstand – low beam
4. Back bends
5. Switch split prep
6. Fly spring prep

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast feet to horizontal (cover progression drills with elastic around the bar, shaping on the floor with front support) 2. Glide swings to sandwiches with 3 sandwich swings (kip progression) 3. Back hip circle progression (Floor bar on the spotting boxes with crash mat to fall on, half hip circle shaping with assistance) 4. Long swings on the strap bar 5. Leg cut forward positions 6. Note: Please include conditioning as side stations.
BEAM	<ol style="list-style-type: none"> 1. Forward roll to stand on low beam (use sting mat) 2. Lunge to handstand on the low beam 3. Arabesque and scale balances 4. Rond de jambe (progression drills) use booster boxes for preparations and teach them lifts and extension 5. Jump to tuck and straddle on beam (for start) 6. Side stations- straight, tuck and low split jumps on low beams
FLOOR	<ol style="list-style-type: none"> 1. Kick to hand stand hold on floor 2. Backward roll on flat surface 3. Cartwheel (finish facing inward) 4. Preparation for round off 5. Back bends preparation skills 6. Kick over from back bends
VAULT	<ol style="list-style-type: none"> 1. Sprints 4 times 2. High knees 4 times 3. Deer runs 2 times 4. Run jump on Air board land on vault 110 cms 5. Half fly spring to land on red crash mat(hands on trapezoid and flat back on red crash mat) 6. Side stations – positioning circuits for hand spring on Vault
TUMBL TRACK	<ol style="list-style-type: none"> 1. Wolf jumps 2. Split leaps and split jumps 3. 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)



Station	Drill/Skill
	<ol style="list-style-type: none">4. Round off preparation drills5. Side stations6. Back ward roll to front support7. Handstand forward roll.
TRAMPOLINE	<ol style="list-style-type: none">1. Split jumps2. Straddle jumps3. Switch splits preparation4. Preparation for fly springs5. Dive roll on the crash mat into the foam pit6. Front flip preparation into the foam pit