

Advanced Kinder **Week 2**

Station	Skills and Drills
WARM UP	<ol style="list-style-type: none"> 1. Game 2. Normal Sphere 1 Warm Up
FLOOR	<ol style="list-style-type: none"> 1. Proper Positioning in Bridges, Cartwheels, Handstands, Rolls 2. Lever Lunge into needle kick hold 3. Front Support through to Back support holds 4. Straight leg kicks
VAULT	<ol style="list-style-type: none"> 1. Sprint/Run to vault 2. One foot/two foot beat board drills 3. Hands on feet on (tuck/pike) on block or vault
BEAM	<ol style="list-style-type: none"> 1. Releve Balances 2. 2 point / 3 point balances 3. Straight jumps on floor beam 4. V-Sit 5. ½ turns on one foot
BAR	<ol style="list-style-type: none"> 1. Forwards rolls over bar to chin up position 2. Front support position on floor, shoulder over floor bar with feet on block 3. Chin up hold 4. L Hangs (tuck/pike) 5. Leg lifts
TRAMPOLINE/TUMBLETRACK	<ol style="list-style-type: none"> 1. Shape jumps with controlled bounces (in middle) 2. Donkey kicks (hands on block, feet on trampoline) 3. Turn jump with tight body