

## Mini 2's Week 9

### FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
<b>WARM UP</b>	Game: Remote control: Coach is standing in front of the class with a 'remote control' whatever movement you do with your arm, they have to copy that movement. be creative i.e This let them be creative. I.E. up, down, running, jumping, moving from side to side.
<b>BEAM</b>	<p><b>Bosu ball:</b> Passe position <i>Passe = stork stand</i></p> <p><b>low beam:</b> airplane <i>*everytime they see a red dot they do an airplane</i></p> <p><b>low beam:</b> straight jump <i>*upgrade mini tuck jump</i></p> <p><b>Medium beam:</b> walking backwards</p> <p><b>Yellow hoops:</b> straight jumps <i>*jump from one hoop to the next</i></p> <p><b>Tuck jump dismount</b></p> <p><b>High Beam</b> <i>Walk to the middle and perform passe and airplane</i></p>
<b>FLOOR</b>	<p>Rope: swinging on the rope assist little one on holding on</p> <p>red box: tunnel and jump off <b>making a tunnel on the box, parents are</b></p>

Station	Drill/Skill
	<p>holding at the hips and help them jump there feet off the box</p> <p>Blue box: motorcycle jumps land in a star</p> <p>noodle: star jumps</p> <p><b>1. jump between the noodle in a star jump</b></p> <p>2. walk between the noodles in a star jump</p> <p>Incline: front roll or pencil rolls</p> <p>Rings: pike hang</p> <p><b>1. hang</b></p> <p><b>2. straddle</b></p> <p><b>3.pike</b></p>
<p><b>TUMBLE TRACK</b></p>	<p>1. jump over noodle</p> <p>2. donkey kicks</p> <p>*hands on a box jumping</p> <p>feet up and down</p> <p>3. front roll (yellow/blue incline)</p> <p>4. seat drop</p> <p><b>On the Return</b></p> <p>hop scotch: use the red dots</p>
<p><b>TRAMPOLINE</b></p>	<p>Review shape jumps</p> <p>1. basic jumping</p> <p>2. seat drops</p> <p>3. star jumps</p> <p>foam pit: shape jumps</p> <p>land in motorcycle, place a mat in the pit</p> <p>wall: handstand against the wall</p>



Station	Drill/Skill
	<p>Jump over ladder *small yellow bar</p> <p>Boxes: straddle and pike on</p> <p>Mini Spring board motorcycle jumps</p> <p>Wall bar *climb up the ladder, move across and climb down the ladder</p>