

Sphere 1 Week 4

GOALS:

1. Pullover
2. Casts
3. Cat leaps
4. Turns on beam
5. Rolls on floor
6. Jump combinations

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Casts (hips come off bar and return to bar) 2. Introduce cast to squat on bar (and jump off) – OR from front support put one foot on bar, then stand on bar with 2 feet and attempt to jump to high bar 3. Long or baby swings (with regrasp) 4. Pullover 5. Leg lifts on bar and attempt chinups
BEAM	<ol style="list-style-type: none"> 1. Warmup: Forward walking kick steps (flat foot) Backward walking kick steps (flat foot) Forward walking on toes Backward walking on toes 2. Cat leap 3. Jumps on beam: straight, tuck, pike (also combine with walking – ex: 2 steps then straight jump, 2 steps then tuck jump...) 4. 360 turn on 2-feet (180 turn, step, 180 turn again) 5. Various jump dismounts
FLOOR	<ol style="list-style-type: none"> 1. Presentations 2. Introduce chassé, cat leap and stag leap 3. Front roll on floor with jump combinations 4. Review front roll to straddle sit (on floor and down incline) Introduce front straddle roll to standing 5. Back shoulder roll on floor 6. Kick to handstand against wall (with mat)
VAULT	<ol style="list-style-type: none"> 1. Sprints 2. Mule kicks down mat 3. Jump consecutively with feet and legs together over foam blocks 4. Spring board use and technique (consecutive straight jumps on top of springboard pushing right off feet, arms up holding foam cube) 5. Using spring board or mini tramp squat on with various jumps off 6. If space permits, set up station to practice all vaults with a spring board and large block

Station	Drill/Skill
TUMBL TRACK	<ol style="list-style-type: none"> 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) – add wolf jump 2. Next, in succession down track, continuous: Straight jumps; Tuck jumps; Star jumps; Pike jumps; Straddle jumps; Jump full turn; Wolf jump 3. Various jump combinations 4. Jumps over blocks or foam cubes (vary the jumps) 5. Add 2 inclines to the TumbleTrak for jump to front roll down the incline Jumps off end of TumbleTrak
TRAMPOLINE	<ol style="list-style-type: none"> 1. Warmup: 10 X continuous straight jumps ending in stop bounce 2. Seat drop to stand/stop bounce (5 per turn) 3. Introduce seat drop, 1/2 turn to stand/stop bounce 4. Introduce seat drop, 1/2 turn to stand/stop bounce, fall to seat drop up to stand/stop bounce 5. If gymnast is ready, introduce swivel hips 6. Stations: leg lifts on wall bars, wall handstands, jump on and off boxes – various jumps – stick landings Play “Add One”