

Sphere 3 Week 6

GOALS:

1. Back hip circle
2. Forward roll to stand – high beam
3. Hurdle round off
4. Back extension roll
5. Handstand pop
6. Fly spring

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Cast feet to horizontal then feet to straddle on bar (straddle shoot dismount progression) setup with one bar on floor for pre- preparation 2. Glide kips and lots of drop kips (Assisted) 3. Back hip circle (Assistance if needed) 4. Kip timer (hold legs and lifts from swing to front support), kip progression 5. (Strap bar)- Pull over to casts and drop with under swing to connected long swings. 6. Leg cut forward positions and stride circle with assistance. 7. Note: Please include conditioning as side stations.
BEAM	<ol style="list-style-type: none"> 1. Forward roll to stand on high beam (use sting mat) 2. Lunge to handstand on Medium beam 3. Cartwheel on Medium beam (with spotting boxes on either sides) 4. Handspring to land on feet (Dismount, Assist if required) 5. Mount to middle split on low beam to stand and chasse & skilling length of beam 6. One foot mount to stand on med beam with beat board 7. Side stations- releve to step half turns and full turns on low beam
FLOOR	<ol style="list-style-type: none"> 1. Hurdle to round off and rebound to back land on waist height mat. 2. Handstand to spring from block onto feet. 3. Backward roll with bent arms, Extension to handstand. 4. Handstand to bridge (Assisted) 5. Back bends preparation skills 6. Kick over from back bends 7. half turns and full turns with Releve on one foot. 8. Back walk over with large octagon shape (remind them to keep their arms straight, most common mistake)
VAULT	<ol style="list-style-type: none"> 1. Sprints 6 times 2. Deer runs 2 times 3. Handstand to pop skill on tumble track 4. Fly spring to feet on TT 5. Run to jump hand stand (vault) flat back on the rezi mat in front of Vault table, Set up mat aligned with vault 110 cms 6. Run on TT, Hands on spotting box to handspring on the crash mat (use road beam and spotting box on top for set up)

Station	Drill/Skill
	7. Side stations – positioning circuits for hand spring on Vault
TUMBL TRACK	<ol style="list-style-type: none"> 1. Run jump to front flip in the foam pit 2. Split leaps and split jumps 3. 3 Chasse's to step and change to different leg. 4. Fly spring to land on feet. 5. Hurdle to round off snap and straight jump 6. Side stations 7. Back ward roll to front support. 8. Back walk over with octagon shape.
TRAMPOLINE	<ol style="list-style-type: none"> 1. Split jumps to switch splits jumps 2. One leg handspring to feet 3. Fly springs to feet 4. Front flip into the foam pit 5. Handstand to bridge with sting mat on tramp 6. Side stations- leg lifts and rope