

## Sphere 3 Week 4

### GOALS:

1. Glide kips
2. Drop kips
3. Cartwheel on low beam
4. Kickover from backbend
5. Fly spring on TT
6. Front flip prep

Station	Drill/Skill
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Cast feet to horizontal then feet to straddle on bar (straddle shoot dismount progression) setup with one bar on floor for pre- preparation</li> <li>2. Glide kips and lots of drop kips (Assisted)</li> <li>3. Back hip circle (Assistance)</li> <li>4. (Strap bar)- Pull over to casts and drop with under swing to connected long swings.</li> <li>5. Leg cut forward positions and stride circle on (Strap bar)</li> <li>6. Note: Please include conditioning as side stations.</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. Forward roll to stand on high beam (use sting mat)</li> <li>2. Lunge to handstand on the low beam</li> <li>3. Cartwheel on low beam</li> <li>4. Rond de jambe on low beam</li> <li>5. Mount to middle split on low beam to chasse &amp; skilling length of beam</li> <li>6. Side stations- straight and tuck jumps on high beam (if needed low beam)</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Hurdle to round off and cartwheel</li> <li>2. Handstand to spring from block onto feet.</li> <li>3. Backward roll with straight arms to front support on flat surface</li> <li>4. Handstand to bridge (progression skills)</li> <li>5. Back bends preparation skills</li> <li>6. Kick over from back bends</li> <li>7. Introduce half turns and full turns with Releve on one foot.</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Sprints 6 times</li> <li>2. Deer runs 2 times</li> <li>3. Handstand to pop skill on tumble track</li> <li>4. Fly spring to feet on TT</li> <li>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 cm's</li> <li>6. Side stations – positioning circuits for hand spring on Vault</li> </ol>
<b>TUMBL TRACK</b>	<ol style="list-style-type: none"> <li>1. Wolf jumps</li> <li>2. Split leaps and split jumps</li> <li>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)</li> <li>4. Hurdle to round off snap and straight jump</li> </ol>



Station	Drill/Skill
	<ol style="list-style-type: none"><li>5. Side stations</li><li>6. Back ward roll to front support</li><li>7. Handstand forward roll.</li></ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"><li>1. Split jumps</li><li>2. Switch splits</li><li>3. Fly springs</li><li>4. Front flip preparation into the foam pit</li><li>5. Handstand to bridge with sting mat on tramp</li><li>6. Side stations- leg lifts and rope</li></ol>