

Sphere 1 Week 10

GOALS:

1. Pullover to back hip circle
2. Pullover from swing
3. Handstand roll
4. Routines on floor
5. Landings
6. Jump combinations

Station	Drill/Skill
BARS	<ol style="list-style-type: none"> 1. Introduce cast to straddle on bar 2. Introduce straddle dismount with spotting (from straddle hang) 3. Long swings and long pullover from swing 4. Pullover to cast then back hip circle 5. Leg lifts on bar, pushups on floor with feet elevated on a mat
BEAM	<ol style="list-style-type: none"> 1. Warmup: Forward walking on toes; Backward walking on toes 2. Back shoulder roll 3. Cartwheel on beam for those that can do a cartwheel on floor 4. Round off dismount (for those that can do cartwheel) – can start on low beam 5. Have gymnasts create routine with 5 elements – if enough time show to others in group
FLOOR	<ol style="list-style-type: none"> 1. Presentations 2. Kick to handstand roll out (with spot or on thick mat) 3. Kick to handstand and come back down on feet to starting position 4. Dive roll with springboard and thick mat – put incline on mat so gymnast gets hips up and rolls down incline 5. Teach mini line routine using acro and gym. Have gymnasts make their own routine and then show it to the rest of the group. Here are examples from Lesson 9: <p>1 – Present, chassé, cat leap, front roll, cartwheel tuck jump, present. 2 – Present, cartwheel, back straddle roll, jump 1/2 turn, chassé to split leap, present. 3 – Present, kick to handstand and step back down, chassé, stag leap, jump full turn, front straddle roll, present.</p>
VAULT	<ol style="list-style-type: none"> 1. Sprints 2. Mule kicks down mat 3. Various jumps off blocks to practice landings 4. Spring board use and technique (consecutive straight jumps on top of springboard pushing right off feet, arms up holding foam cube) 5. Squat over 6. Straddle over 7. Stoop on

Station	Drill/Skill
	8. If space permits, set up station to practice all vaults with a spring board and large block
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 and wolf jump and split jump, stag and double stag jump) 2. Introduce full turn tuck jump Mule kicks down track 3. Next, in succession down track, continuous all jumps and jump variations 4. Combine jumps, jumps over boxes, rolls down inclines and rolls on top of boxes in succession 5. Have gymnasts be creative and make their own combinations 6. If available, beginner dive roll off end into large landing mat
TRAMPOLINE	<ol style="list-style-type: none"> 1. Warmup: 10 X continuous straight jumps ending in stop bounce 2. Have gymnasts try short routines (they can make their own with 5 elements). Examples: <ol style="list-style-type: none"> 1 – tuck jump, pike jump, seat drop, jump 1/2 turn, front drop to feet 2 – swivel hips, tuck jump, straddle jump, seat drop 1/2 turn to feet 3 – jump full turn, tuck jump, swivel hips to front drop, star jump 4 – seat drop, straddle jump, seat drop to front drop, jump 1/2 turn 3. Stations: held pike and tuck position on wall bars, banana rocks with foam cube between ankles, bridges, clap pushups Play “Popcorn”