

## Reverses:

### Warm up

10 jumps straight on the trampoline with and w/o arm circle

301c on trampoline focus on tight tuck and super sharp kick

10 reverse jumps standing on the dryboard

10 tuck kicks on the ground together having them hold the hollow staring at their toes

### Side

100R with an arm circle. Put them in the right spot

cannon ball

cannon ball to lower back

reverse drop pike

slide into the water on mat in a line up focus on form

### 1 meter

reverse jumps standing

reverse drops if they are ready

reverse dives if they are ready

if not work on getting them all to have a 201c

### 3 meter

Get everyone to do a back line up

If they do them straight have them do it tuck

If they are fine with that have them work on learning back dives

If they can not do either of those have them work on a hurdle 100A, B, C and then

Back jump A, B C

### dryland

#### ground

<https://www.youtube.com/watch?v=RKJ-Vd6NUiQ&feature=youtu.be>

[https://www.youtube.com/watch?v=RK\\_tIP8ySXk&feature=youtu.be](https://www.youtube.com/watch?v=RK_tIP8ySXk&feature=youtu.be)

<https://www.youtube.com/watch?v=MVrJCfiM7RY&feature=youtu.be>

#### dryboard

<https://www.youtube.com/watch?v=ZfM020RSFkg&feature=youtu.be>

<https://www.youtube.com/watch?v=8n3ba9krVKA&feature=youtu.be>

<https://www.youtube.com/watch?v=WRSDxVcRbDQ&feature=youtu.be>

trampoline

<https://www.youtube.com/watch?v=hqW4m9s-ous&feature=youtu.be>

## Reverse week (2):

Warm up 10-15 minutes

Make sure you put them in the exact right spots before they do any drills

5x each diver <https://www.youtube.com/watch?v=v3K2X76glCk&feature=youtu.be>

5x each diver <https://www.youtube.com/watch?v=StVu98zFtpw&feature=youtu.be>

10x each diver <https://www.youtube.com/watch?v=X6qORgzi-d4&feature=youtu.be>

Do this once or twice

<https://www.youtube.com/watch?v=9fbHYfpXkYo&feature=youtu.be>

Side of the pool: 10 minutes

Make sure you do not let them go in the water without putting them in the right spot first

100A 5x

Reverse Jumps 5x

Tear Drop 5x <https://www.youtube.com/watch?v=LZetCwjclJo&feature=youtu.be>

Push tear drop 5x

<https://www.youtube.com/watch?v=Tc7PC9Eb4Do&feature=youtu.be>

<https://www.youtube.com/playlist?list=PLthrKrdK1PS1pSOiWvxRf7Y7mhNimoxKz>

1 Meter: 15-20 minutes

Reverse Jump 5x

<https://www.youtube.com/watch?v=BqAfMH-pYwE&feature=youtu.be>

Back dive tuck

<https://www.youtube.com/watch?v=KjK0GP9IQQ4&feature=youtu.be>

3 meter 10-15 minutes

Back Line up <https://www.youtube.com/watch?v=oEt0tEWLERY&feature=youtu.be>

Back Line up tuck

<https://www.youtube.com/watch?v=JhJClaw6Mcg&feature=youtu.be>

Free Time no more than 5 minutes