

SPRING & FALL WARM UP

3 x 5 minute skill circuits - use the tumble track group as the timer for all other circuits		
Tumbl Trak 5 laps	Black Floor Continuous circuit	Floor Complete activity twice before moving
Jump & Spring Be ready for turn	Controlled landings	Falls: tuck & roll / splat flat Absorb falls over time and body parts
Run to touch blue wall Natural jumps - good height, natural arm swing	Rainbow air track: Sideways springing - 4 jumps each direction, hands on hips <u>LAND &</u> <u>HOLD</u> off track	Coaches helper: Bear walk, spiderman roll Hold spiderman pose for 2 sec
3. Tuck jump, power jump - big push for max height in power jump, less push for tuck	Plyo box (2): Broad jump, box jump, use 1, 2 rhythm * No landing off box	Board & foamie: Run, jump to foamie, spring to edge, half turn jump dismount, back safety roll Hands beside bottom on floor, roll and place arms overhead
4. Straight jump, full turn jump - complete one full turn in each direction at every column 5. Sad cat, front support bounces - aim to swap at	feet BACKWARDS punch jump on BOSU (STICK) Stand tall with back to partner, read overhead to touch partner's hands handspring exit), prone fall to 10cm arms travel overhead then reach for absorb fall, turn head to side *chan	
3 of each bounce		Crashmat: Fall or jump to back 'splat' fall: Arms spread, palms to mat, legs in star - press all body parts to mat
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Stretch Options (5-10 mins)

Wrist circles, shoulder circles

Side stretches (snap to star & 'circle')

Frog squat, straddle V hold (return to squat)

Side lunge, long leg lunge, teepee, sumo x 2 (sit and return in side lunge for 2nd round)

Pancake slide outs x 3 (reach further each round) OR Sweeping straddle circles x 1 each side (Finish in strong arch)

Side split challenges (4): 1 - Rock & push, 2 - High leg straddle sit & push, 3 - Sit & push, 4 - Slide (hold splits for 3 seconds each time and return to sit slowly and with control)

** On final challenge round, return to sit and then 'measure' sitting side split range on a line **

Active flex (5-10 mins)

Lying propped on elbows: 3 x kick to ear on each leg

Lying flat, one leg bent: 3 x kick on each leg

Lying flat, strong 'T' shape: Lift leg to 12 o'clock, then point, flex, point and kick (down, up, down)

Lying flat, strong 'T' shape: 3 x fast kicks (past 12 o'clock)

Lie on side, one leg bent, elbow propped: 3 x bent leg, straight leg kicks

Kneel on all fours: 3 x knee to chest, push to straight leg high, touch toe to floor, kick backward, return

toe to floor (STOP with toe on floor between each set) **Standing, point toe front:** Step kick x 2, finish in rocket

Step kick x 2, straight jump

Step kick x 2, split jump (complete multiple times - Big, Bigger, Biggest)



CORE CRUSH WARM UP

Learning objective: Why is core strength important? It helps us stand tall and strong and keeps our body feeling stable and balanced. It links our upper and lower body.

What are abs? Abdominal muscles cover the front of your body, protecting your organs on the inside What other muscles make up our core? Muscles in our back and our glutes! What is tension? Muscles working together to hold a solid, fixed position.

FIRST: Stations (10 mins) 20-40 seconds on, 10-15 seconds off - exercise with control, not speed		SECOND: Super dish challenge (2 mins) Keep it moving	
1	Ball pick up sit ups Sit up with no weight, then move 3kg ball from one side to other	Tuck sit, lower to bent leg dish hold Lift one arm to ear & return	
2	Stick lifts Lie in star on tummy, lift & lower stick up and overhead	Lift other arm to ear & return Arm circle backwards	
3	Open tuck rock, jump to front support Jump in to tuck & repeat	Double arm lift to ears Stretch out opposite arm and leg Stretch out other arm and leg SUPER DISH	
4	Medicine ball frog sit ups (3kg) Feet apart, sit up & lift medicine ball under chin then overhead		
5	Battle rope waves Use two hands	Tuck sit Gauge the strength of your group & return to tuck sit when rest is presided, much out the rest with seek	
6	Mountain Climber with twist Toe touch each side - slow and controlled	when rest is needed - push out the rest with each attempt. Push for a long super dish at the end, or for a second set once your group gets stronger!	

Stretch (10 mins)

Happy cat, sad cat x 2 (jump to tuck)

Pike, jumps hands out, peddle (heel touch) x 4, jump hands in, zombie to stand

Transition to floor (AER style)

Seated twist, pike stretch with point, flex, point

Seated twist other side, pike stretch with point, flex, point (roll over to front support)

Long leg lunge, teepee, long leg lunge with elbow resting on front foot

Switch to pigeon pose, slide to splits, finish in pigeon pose (push up to front support)

Long leg lunge other leg, teepee, long leg lunge with elbow resting on front foot

Switch to pigeon pose, slide to splits, finish in pigeon pose

Butterfly / yoga stretch, turn to side for seal stretch, child pose

Body wave backwards - stop at top, then reverse back to child pose

Stretchy cat, seal, tall cat

Jump hands in, zombie to stand

Bridges (5-10 mins)

From lying flat: push to rainbow bridge, 3 rocks to straight knees (hands & feet still throughout)

Pike rocks, toes overhead

From frog sit: lift one arm overhead to bridge, 3 second balance on each leg (leg bent or 12 o'clock)

Seated knee twists with shoulder stretch

Alternate final activity each week:

From stand: 3 groups - coach help, bridge to mat/box with no help, bridge to floor with no help.

Lower to bridge, 2 kicks on one leg (move kick leg to straight position on floor before kicking)

From handstand: 3 groups - coach help, bridge to mat/box with no help, bridge to floor with no help.

Lower to bridge, 2 kicks on one leg (move kick leg to straight position on floor before kicking)



FLOOR (FULL ROTATION)

Mini routines (10-15 mins)

Select one skill from each column to create a routine - do it as a team, in pairs or individual **Start:** Standing with arms pegged to sides **Finish:** Create your own pose - try some sass & flair!

Skill #1	Skill #2	Skill #3	Skill #4
-Backward body wave -Arm circle to side (twist body to side) -Forward body contraction -Step to side lunge with arm circle, return -Step to kneel with 'bird wings'	-Cartwheel -Full handstand -Dive roll -Handstand forward roll -Backward roll to feet	-Candlestick roll -Side chassé -2 x Step hops -4 x Bottom kicks with turn -Splits	-2-3 Steps, stag leap -Full turn jump -Scissor leap with half turn -Handstand to bridge -Pivot on one foot

Learning walkovers (5-10 mins)

Teach each gymnast how to work at their own level to succeed & stay safe

Group work

Entry: Stand tall and strong, practise head release

*Check arms stay still or move back slightly - correct the action if arms move forwards **Kick**: Lying down, arms propped on elbows - 3 x kick as per walkover (choose a boss leg!)

Lying down in glute bridge - 3 x kick as per walkover

*Emphasise that the kicking leg stretches out long and straight, the base leg remains still and strong **Exit:** Half handstand, finish in small strong lunge, arms strong to front

Skill work

Stay at the level that best suits each individual gymnast. Choose one variation from two different columns and complete two reps of each. Be confident with the first step before moving to the next!

BRIDGE FROM STAND	KICKOVER	WALKOVER	TOP TIPS:
Easier: Coach help Nearly there: No help, hands on mat You've got this: No help, no mat	Easier: From box with coach help Nearly there: No help, feet on box (try different heights) You've got this: No help, no box	Easier: Standing bridge (2 feet), kickover (can step up to box to assist) Nearly there: Walkover with coach help You've got this: No help!	√ Reach hands backwards with head √ Ensure an early head release √ Use a strong, straight base leg/s √ Push tall through handstand phase

Skill combinations (5-10 mins)

Work as a group - lines or turn at a time

- Half turn pivot on one leg, cartwheel to lunge
- Scissor leap, handstand or handstand forward roll coach help or mat OK
- Backward roll, jump half turn, dive roll
- Step to arabesque, reverse pivot to passé stand, backward roll to front support
- Handstand, turn to side chassé from back leg, cartwheel to star
- From pike sit, backward shoulder roll to kneel, straddle leg circle to stand
- Forward roll V sit (hold 2 sec), step out to cartwheel step in ('snap')



FLOOR (VAULT ROTATION)

Equipment: Red foamie, 2 x board, 1 x eurotramp, 1 x barrel, 2 x crashmat

BASICS (5-10 mins)

3 laps

RUN, JUMP TO FOAMIE

Focus on rocket shape - land with arms up by ears

DIVE ROLL FROM EUROTRAMP

Short run, jump from eurotramp tramp, dive roll over barrel onto crashmat

HANDSTAND FLATBACK

Start standing with feet together. Arm swing from behind, handstand on board to land on mat

COACH SPOT HANDSTAND

Aim for 5-10 seconds, lower to front support and test tension

Skills circuit (10-15 mins)

TOP TIPS:

√ Head tilted slightly up on contact with mat so that eyes are on crash mat. Take care not to stick head out.

√ Look for a smooth run with the final take off step being well back from the board

√ Magnetic finish! Keep every body part pressed into the mat on landing

REBOUNDING ON BOARD x 5

Jump with power on board - strong legs, push through toes

EUROTRAMP: FRONT SUPPORT BOUNCES

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Hands on mini tramp,

Hands on mini tramp, feet on floor. Bounce on hands.

PRE FLIGHT SHAPING

Hips on barrel, hands on foamie or floor. Extend body line to hold strong straight position. Eyes on hands.

MINI HANDSTAND REACH

Start kneeling on mini red foamie, swing both arms toward floor & lift hips toward high vertical. Land in mini handstand - as for vault pre flight - with hands on floor & knees on box

VIDEO FEEDBACK: HANDSPRING FLATBACK

Run to board, jump to handspring flatback - 2 crash mats

* Set up video feedback station

WATCH & LEARN

Review the video footage of the handspring flatback look for straight body line, 'bounce' off hands, strong tight finish position



BEAM Z1

Animal walks (3-5 mins)

Try to keep things moving by moving up one beam, then down the next.

Choose 3-5 of the following options:

Bear walk, crab walk (standing), duck walk, giraffe, sloth/possum, flamingo, starfish, bunny hops

Like Skills (10-15 mins)

Use skill building blocks to help cement learning - complete 1, 2, and 3 in sequence Start learning these as a group and move to multiple skills at once if gymnast memory permits

SPLIT LEAP	HANDSTANDS	JUMPS	TURNS
1: Step hop with straight leg to front 2: Three hops with straight leg behind 3: 1 step to mini split leap	1: Front support on beam 2: Three ½ handstands with NO hand release 3: Handstand tap together	1: Straight jump 2: 2 x step kick, split jump 3: Punch jump dismount	1: Balance on toes, then lift to single foot relevé for 2 seconds (finish back on toes) 2: Star stand on toes facing side, ¼ turn to flat foot passé (finish on two feet in relevé) 3: Passé half turn (on one foot)

Handstand competition 5-10 mins

Split your group into two teams - gymnasts to come up with a fun team name.

Teams compete to see which team can stick a tap together handstand first - all together on the call of the coach "READY", "AND GO" "HOLD, TWO THREE"

Have gymnasts ready at the ends of each beam (one up and one waiting) for a fast turnaround between rounds

Be clear on the rules before you start:

1: Feet must tap together to at least 11 o'clock

2: Stick the landing for count of three

Getting better at it? Set expectations to create a more exact technique - be precise to count for the win!

Cartwheel development 5-10 mins ROUND OFF **CARTWHEEL OFF COACH SPOT** DISMOUNT **Low Beam** High beam Low High Beam & Crashmat Use a panel mat at the end of a low beam to check Kick to side star landing. Land with feet close together (side by side handstand & hold with Start with hands ok). Partner/ coach check for 2 feet, 2 knees, 2 spotting. Join feet and hips, 2 shoulders, 2 hands all square to beam remaining on beam for tuck down with feet landing and progress to * Encourage a natural cartwheel speed and together to a box for small push off once technique - just like on the floor * dismount square Progress to panel mat each side of beam and scatter mat covering



BEAM Z2

Strength & Shaping Stations (5-10 mins)

3 gymnasts per beam - 10 seconds each beam, then move to next Encourage and praise for posture, strength & effort - call corrections to extend and sharpen positions

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WIDE BEAM	HIGH BEAM #1	HIGH BEAM #2	30cm BEAM
Dish hold - knees bent, feet on beam	Front support - as for beam mount Hide knees behind beam	Stand in relevé on two feet Arms extended at horizontal, long neck	L press (facing side) Can't manage both legs straight yet? Try one straight, one bent.

90 second Leap Challenges (5-10 mins)

Work as a group - what can your group achieve in 90 seconds?

LEG HOLD CHALLENGE: Start on low beam - spread out on both sides so that everyone fits. Stand with hands on hips and one foot on the beam. On coach "GO" lift leg clear of beam. Who can hold straight and tall of a count of five. Coach selects everyone who stood straight, tall and still to move up to the next height. Repeat across low beam and 30cm beams. Again, select gymnasts to move up a beam for the FINAL round. How many gymnasts made it to the high beam? Did they succeed on the high beam? Can your team beat that score next time? Can you get through both legs next time?

KICK CHALLENGE: 5 kicks on each beam

Wide beam: Stand on floor with hands on beam. Kick one leg backwards (chin to beam), finish each kick standing strong and tall (repeat)

High beams: (one for each leg): Steps & kicks on one leg only (eg.step only on left, kick only on right)

Low or 30cm beam: Place a pit cube on the beam. Stand on floor, arms horizontal and one foot on the beam next to the cube. Lift leg over cube, tap beam and return x 5 each leg

PHOTO "GOLD MEDAL" CHALLENGE: Organise a place for everyone across all beams. On coach "GO" everyone holds a bent leg arabesque - coach takes a photo. Gymnasts vote for the person they think should get a gold medal and explain why.

HOP CHALLENGE: 4 at a time - one on each beam. On coach "GO" gymnasts hop to the end of the beam and hold final landing (single leg balance) at the end for count of five. Award points for anyone who succeeds. Beam with the most points at the end of 90 seconds wins. Try variations: boss leg, funky leg, bent leg, straight leg front, straight leg behind,

Fun Skill Combos & Challenges (10-15 mins)

FORWARD ROLL, BRIDGE Wide beam

Forward roll to sit up position (lying down). - control, then push up to bridge

Progress to kickover

PIVOT, HANDSTAND High beam

Half turn pivot on one or two feet, step forward to handstand tap together

SCISSOR MOUNT, V SIT High Beam

Scissor mount, circle or tuck legs to V sit, step one leg down at a time and push off to scorpion kick (stand tall to land)

THIEF MOUNT 30cm BEAM

Stand on floor, facing the beam. With two hands on the beam, jump both feet through arms and hold mushroom press for count of 3

Try jumping feet on then lifting bottom first



RINGS AND ROPE

Snakes & Ladders (10-20 mins)

Using the snakes and ladders board game made specially for this rotation, work in pairs or small groups to move through the game.

This game will flow best if you do not worry about order of turns. Just complete the activity and return to the board - roll the dice in order of who returns first. Follow the instructions on the board each time you roll - don't forget to slide down the snakes and climb up the ladders.

Sponge Challenges (10-15 mins)

Work with a partner - 1 sponge for each pair Time stations - when the pair on rings swings has had a turn each, call change

MONKEY BARS Cross the monkey bars with the sponge held between ankles	2 x SWING TO BASKET Small rings 2 x swing to basket hang with sponge held between ankles	BACKWARD ROLL Wedge Backward roll to front support or pike with sponge held between ankles	
INVERTED TUCK, INVERTED STRAIGHT, BASKET CHIN UP Horizontal monkey bar rail Bat hang (inverted tuck), stretch out legs to vertical (back of legs on bar), basket	CHIN UP HANG Ropes Use 2 ropes (one hand on each), lift to chin up - aim for 10 seconds - with sponge held between ankles	SWING x 5 Rings 5 x swings with sponge held between ankles	
hang - sponge held between ankles throughout	Dorsal Hang Intro (5-10 mi	no)	

Dorsal Hang Intro (5-10 mins)

Group work - take your time to talk through this skill and give tips

FIRST Floor

Sit on the ground and stretch shoulders (shoulder extension)

Practise pointing toes, test feet together

SECOND Monkey bar side rail

Take turns to watch others:
Sit on the floor, hands on the bar, lift feet through arms and roll backwards to kneel on the floor.

Try kneeling on high knees first, then stretch gently to low knees

Don't forget - chin up for count of three

THIRD High rings - coach assisted

Start in basket hang, coach assisted lower to dorsal hang.

Hold super tight with chin up for count of one

Assisted drop to safety landing

Other gymnasts can practise the monkey bars and rope climbs while waiting for a turn. Set up a system for good flow. Give each gymnast a number. Number 1 starts, number 2 and three wait. Number 1 finds number 4 and tells them to get ready for their turn. Number 2 finds 5, Number 3 finds 6 etc. Make sure you are never waiting for anyone - they are always waiting for you!



UNEVEN BARS

FAB FIVE (5-10 mins)

Complete 5 of each skill as quickly as possible

Select one skill as the focus skill each week. Set an explicit quality goal for the skill and spotlight the best performers at the end of the activity

CHIN UPS High bar

5 x chin up from hang - coach assisted OK

GRIP CHANGE Low bar

In hang, change grip from top grip to reverse - repeat x 5

PULLOVERS Low bar

5 x pullover on low bar

2 UP SWINGS Medium bar & 3 plyo boxes

5 x long swings (one at a time), finish standing between boxes in C shape after each swing

KING OF CASTS CIRCUIT (5-10 mins)

2 laps max

SHOULDER SHRUGS Floor rail

In front support with hands on rail and feet on floor, slide shoulder blades through rounded back, then blades touching and back again.

1 x shrug, 1 x side step and repeat

FORWARD Low bar #1

From front support, lean forward SLOWLY (count of five), then drop to washing line hang.

How many different ways can you exit the washing line hang? Switch to bat hang, star hang, chin up, no sound touch down...

CAST TO PLYO BOX Low bar #2

Set up 2 x plyo boxes at approx bar height

From front support on the bar, cast to land with one foot on each plyo box.

Encourage a really strong 'turtle shell' and strong, straight legs

JUMP AND CAST - BIG, BIGGER, BIGGEST Low bar #2

Start standing on the floor with hands on the rail.

Jump to immediate cast aiming for max height.

Land on the floor and repeat x 2 aiming for more height each time.

Don't worry about shaping, this one is all about power and confidence

KING OF CASTS - 2 UP Low bar #3

Coach station

Two at a time- compete for the title: 'King of Casts'
Be specific in your criteria for the title, here are
some options:

- Best 'turtle shell'
- Highest cast measures at the hip
- Highest cast measured at the feet
- Straightest body line

BACK HIP CIRCLE INTRO (5-10 mins)

Take your time to introduce this skill with the correct technique and emphasis quality shapes

FALL BACK 3/4 crash mat

Stand on mat holding balance stick below hips, fall back to land in dish

Keep the chin tucked in!

CANDLE HOLD Box or physio ball or barrel

Candle (dish) hold with shoulders on the ground and feet on apparatus. Hold balance stick below hips

Set up a small height for shoulders (so that the head does not rest on the floor) to emphasise that our muscles hold our head in the right position

SPOTTED BACK HIP CIRCLE

Options for stages:

- Just a pullover and concentrate on the grip shift to support
- -Spot drop back to candle from front support
- -Small, cast and spot a stop at candle
- -Cast, then tuck around the bar



PARALLEL BARS

OBSTACLE STYLE STRENGTH & AGILITY COURSE (5-10 mins)

Work with a partner - stay on each station for 40 seconds of continuous work. Swap on coach call (rest for 20 sec)

SIDE SHUFFLE P Bars #1

Set each rail high/low so that the shuffle is either uphill or downhill

BUNNY HOPS Plyo box

Bunny hop up to box (as for tuck on) - froggy, bent legs with bottom high or straight legs - step off to safety landing

PENGUIN WALK P Bar #2 with green/yellow mats

Penguin walk as far as you can , then walk through and return to the start to try again

WALKABOUT Wall bars

Climb up left side, across top, down right side and across to left Partner will cross over/under stay on the bar the whole time

3 x SWINGS Single rail

Bent leg swing x 3, then swap with your partner

SUPER SWINGS CIRCUIT (5-10 mins)

BENT LEG SWINGS P Bars #1

Swing with bent legs & flat hips toward bar height - regrip at the back of the swing

"C"SHAPE GLIDE TAKEOFF Wall bars

Use a line marker on the floor. Stand in front of line, holding rail at around head height. Bend knees & jump to 'C' shape on toes behind the line

GLIDE SWING Single Rail

Options for learning stages:
-Feet on small barrel
-Feet on small barrel, lift off at
front of swing & back on for
return

- -Coach assisted hold feet back and forth
- -Coach assisted hold at front swing & return by self - Glide over a small object

SWINGS IN SUPPORT P Bars #2

3 x support swing, finish in straddle hold (hands transfer to front of body)

PRESS & HOLD Mini P Bars

Hold tuck or L press for count of five

Progress to press up and stand with one foot on each rail

LEARNING ROLLS (5-10 mins) - Practise these drill before trying the skill

When ready for the skill, use PBar wraps and a big foam block to reduce the height under the roll

SHOULDER PRESS Mini P Bars

Rest shoulders on p bars. Work on taking both feet off the PBars to balance in shoulder stand

TUCK ROCKS

Practise the correct hand/arm positions on the floor: elbows up, then flat to the floor (triangles), then support on hands

FORWARD ROLL ON MATS

Set up green and yellow sections on the floor with a PBar wide gap between. Practise the shoulder press & roll between the mats



PLATFORM

TRAMPOLINE GAMES (5 mins)

Let your team choose the game for the week

GAME #1: ADD ONS

First person chooses a skill, next has to link that skill to one of their own (no jumps in between). Aim for as many linked skills as possible! At the end of the game, check in to see which team managed the most linked skills.

SKILL OPTIONS FOR ADD ONS

Straight, tuck, star, straddle, ½ turn, full turn, seat drop, ½ to seat, seat to ½, sad cat, split, pike, wolf

GAME #2: HIGH JUMPS / SLOW TIME

With one person on each trampoline, coach calls 'GO'. Everyone completes 10 jumps starting at the same time. The person who finishes LAST is the winnest.

They will have the highest jumps!

When everyone has had a try, challenge 2 high jumpers to try against you!

BODY PART COMBOS (5-10 mins)		
ROUND #1 all trampolines	SAD CAT, BACK DROP, FEET Bounce on all fours, the roll forward to back drop, immediate bounce to feet	
ROUND #2 all trampolines Control bounces to start, the seat drop, roll forward to bounce of drop to tummy, ½ turn to seat and stand Reinforce diamond position for arms on tummy drop - hands finelbows turned out		
ROUND #3 all trampolines	PEANUT ROLL, FEET, ½ TURN TO SEAT Control bounces or from stand, front over to back, immediate bounce to feet, ½ turn to land in seat drop	

ROUNDOFF WORK (5-10 mins)

HANDSTAND, JUMP TO CRASH MAT Yellow trampoline

Hands on crashmat, feet on trampoline - jump toward handstand. When ready, release hands and jump two feet to land on crashmat

Work up to one bounce only into the handstand and encourage a little airtime (push off) between hands and landing on feet when confident

KNEE / HANDS BOUNCES

Alternating bounces between knees & hands

Feet and hands should not be in contact with the trampoline at the same time. Encourage a strong push from both hands, working up to lifting arms toward ears when pushing off the trampoline

2 FEET ROUNDOFF

Roundoff from two foot takeoff

Progressions:

- 1. Practise the skill with one out bounce
- 2. Add 2 return jumps forward to return to starting spot - control direction in a straight line
- 3. Add a set drop and return with a second roundoff

ROCKET, CARTWHEEL, ROCKET floor

On the floor: stand in tall rocket shape (feet together), step to <u>CARTWHEEL</u>, finish in rocket for count of three

Encourage gymnasts to square for a square finish - hands, shoulders, hips, knees, feet all square (no twist)