



**PRIDE**  
GYMNASTICS ACADEMY

**Girls Rec**

Advanced Lesson Plans

February-March

# COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. **YOUR PHONE DOES NOT COUNT.**
- Engage when coaching & be hands on
- No chewing gum
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- **NO PHONES WHILE COACHING.** First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pride Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, **EMERGENCY ONLY**
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

# ROTATION SCHEDULES

CLASS TIME 55 MINUTES

1. WARM UP - 10 minutes max
2. ROTATION # 1 - 15 minutes
3. ROTATION # 2 - 15 minutes
4. ROTATION # 3 - 15 minutes

# Warm Up

## First 10 minutes of class

### Stretch

1. Arm Circles (8 Counts)
  - a. Forward
  - b. Backward
  - c. Criss cross
  - d. Side to side
2. Standing Pike
3. Standing Straddle
  - a. Right
  - b. Left
  - c. Middle
4. Sitting Straddle
  - a. Right
  - b. Left
  - c. Middle
5. Sitting Pike
6. Skin the cat
7. Butterfly
8. Ankle Rolls (8x each direction)
9. Wrist stretches
10. Splits (both legs)
  - a. Lunge forward
  - b. Short Split
  - c. Full Split
11. Bridge (Kick over if able)
  - a. Rock- N- Roll



# Months February-March

- WEEK #1- ODD WEEK (2/2- 2/8)
- WEEK #2- EVEN WEEK (2/9- 2/15)
- WEEK #3- ODD WEEK (2/16- 2/ 22)
- WEEK #4- EVEN WEEK (2/23- 3/1)
- WEEK #5- ODD WEEK (3/3- 3/8)
- WEEK #6- EVEN WEEK (3/9- 3/ 15)
- WEEK #7- EVALUATION WEEK (3/16- 3/22)
- WEEK #8- THEME WEEK (3/23- 3/29)

# Strength Training

1. Plank Holds (1 minute)
2. 30 Push Ups
3. Jumping Jacks (1 minute)
4. Squat Jumps (laps around floor)
5. Running (laps around floor)
6. 25 V-Ups
7. Hollow Holds (1 minute)  
-switch to supermans (1 minute)
8. Rope

# Trampoline

## BEGINNER:

- Split
- Straddle
- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, forward roll
- Dive roll on 8 inch mat into pit

## INTERMEDIATE:

- Knee drop
- Doggy drop
- Doggy drop forward roll
- Doggy drop front tuck
- Front tuck
- Seat drop
- Back handspring (spotted)

## ADVANCED:

- Back Handsprings
- Front Handsprings
- Front Tucks
- Back Tucks
- Doggy Drop Front Tuck
- Knee Drop to Handstand
- Back Drops
- Split Jumps (good and bad legs)

# Vault

## ADVANCED

1. Front Handsprings- over whale turned sideways with 8 inch behind
  - Pass to over velcro vault
  - Pass to over table
2. Round Offs- over whale mat turned sideways with 8 inch behind
  - Pass to over velcro vault
  - Pass to over table
3. Front Flips up to whale
  - Add 8 inch if needed
4. Heel Drives- off vault table
5. Front Handsprings- barrel on tumble track
6. Arch Hollows- in between two panel mats (focus on shaping)
7. Arm Circles- 2 springboards jump up to spotting block
8. Hurdles- panel mat in front of pit pillow into pit
9. Handstand Flatbacks- sideways whale mat, land on feet
  - Add 8 inch if needed
10. Hurdle Positions

# Uneven Bars

## ADVANCED

1. Casts- two mats, kick pool noodle while casting while engaging core
2. Chin Up Pullovers- barrel under bar
3. Leg Lifts- 2 sets of 10
4. Candlestick Hold- low bar
5. Back Hip Circle- feet on spotting block, chin to bar, throw foam block over bar
6. Kips- glide swing feet to bar
7. Kips- laying down grabbing floor bar, bring feet to bar to kip position, sit up
8. Front Hip Circle- fall forward to spotting bar (squeezing arms straight, engaging core, and squeezing bottoms)
9. Squat Ons

# Balance Beam

## ADVANCED

1. Handstands-
  - end of low beam with spotting block behind
  - Adding panel mats if needed
  - Pass to Donkey Kick on high beam
  - Pass to Handstand on high beam
2. Side Handstand Dismounts- sideways 8 inch on low beam, fall to back
3. Cartwheels
  - Low beam with cheese mat on one side
  - Pass to high beam
4. Half Turns- high beam
  - Passe Releve holds on high beam (Count to 15)
  - Band wrapped around high beam hold each side calf raises
  - Pass to full turns
5. Leaps
6. Round Off Dismounts
7. Jumps
  - Split Jumps
  - Tuck Jumps
  - Combinations

### Warm Up:

- Forward, backward, and sideways releve walks
- Passe Walks and Passe Holds
- Forward and Backward Kicks

# Floor

## ADVANCED

1. Backward rolls- to push up position
2. Split Jumps- spotting block with pool noodle, kicking pool noodle up
3. Snap downs- off trampoline into pit
4. Backhandsprings
  - Barrel on tumble track
  - Over barrel onto 8 inch (start fall to tummy then move to feet)
  - Down cheese mats
5. Front Tucks
6. Front Handsprings
  - Barrel on tumble track
  - Running hurdle on cheese mat
  - Running hurdle into foam pit (blocking)
7. Leaps
8. Full Turns
9. Tumbling Passes on tumble track
10. Rounds Offs- rebound up to whale mat
  - Pass to backward roll onto cheese mat