



BOYS REC LESSON PLAN

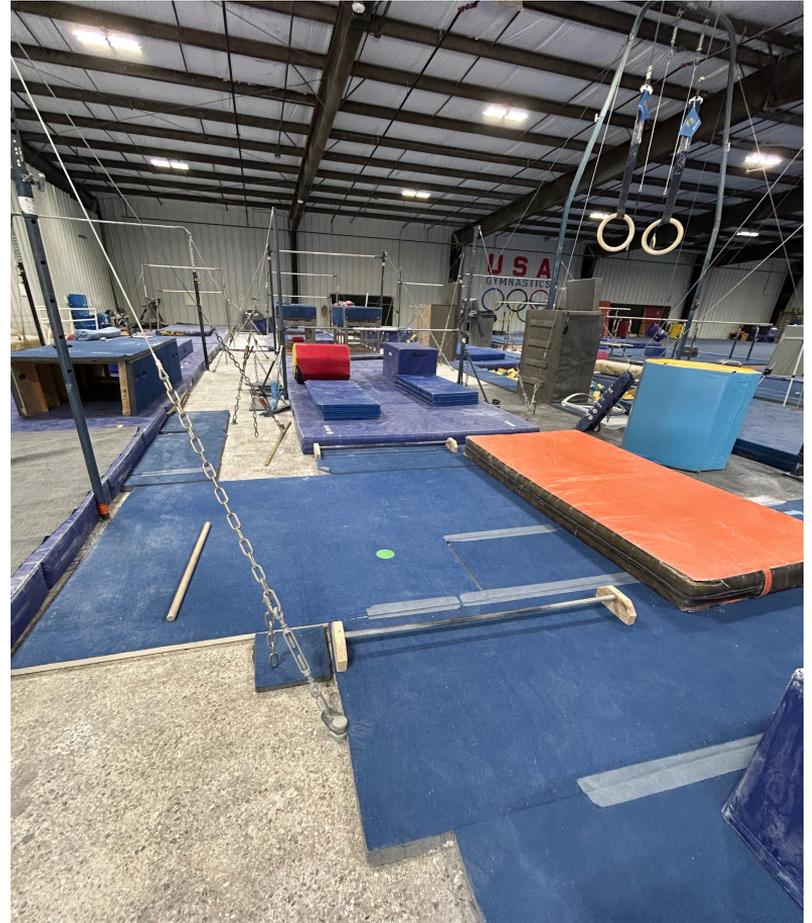
Coach X

Rings (SR)

Months Mar-May 15 minutes

Intermediate

1. Swings w ring turnout over 8inch
 - a) Swing to basket
 - b) Basket to inverted hang
 - c) Inverted hang to skin the cat
 - d) Pull through skin the cat to swings
2. Inverted hang
 - a) Overhand grip push down to support and tuck and L hold.
3. Superman
4. Candlestick
5. Push up on moving handles



Rings
Intermediate
Mar-May



High Bar (HB) Months Mar-May

Intermediate

1. Cast back hip circle (spot if needed)
 2. Cast to blnt.
 3. Cast back hip circle (spot if needed)
 4. Cast to block or push up 5x
 5. Swings (focus on shapes)
 6. Hollow hold
 7. Candlestick
 8. Glide swings
 9. Pull up hold
-
10. lock or push up 5x
 11. Swings (focus on shapes)
 12. Hollow hold
 13. Candlestick
 14. Glide swings



Stations 1-3 on HB

4 & 5 on ground here

6

7



Parallel Bars (PB)

Months Mar-May

Intermediate

1. Swings with little spot
2. Upright dips
3. Push up negatives
4. Seated dips on bar
5. Tuck hold, L hold on mini P-Bars
6. Push up hold
7. Reverse support hold





2.

3.

4.

5.

6.

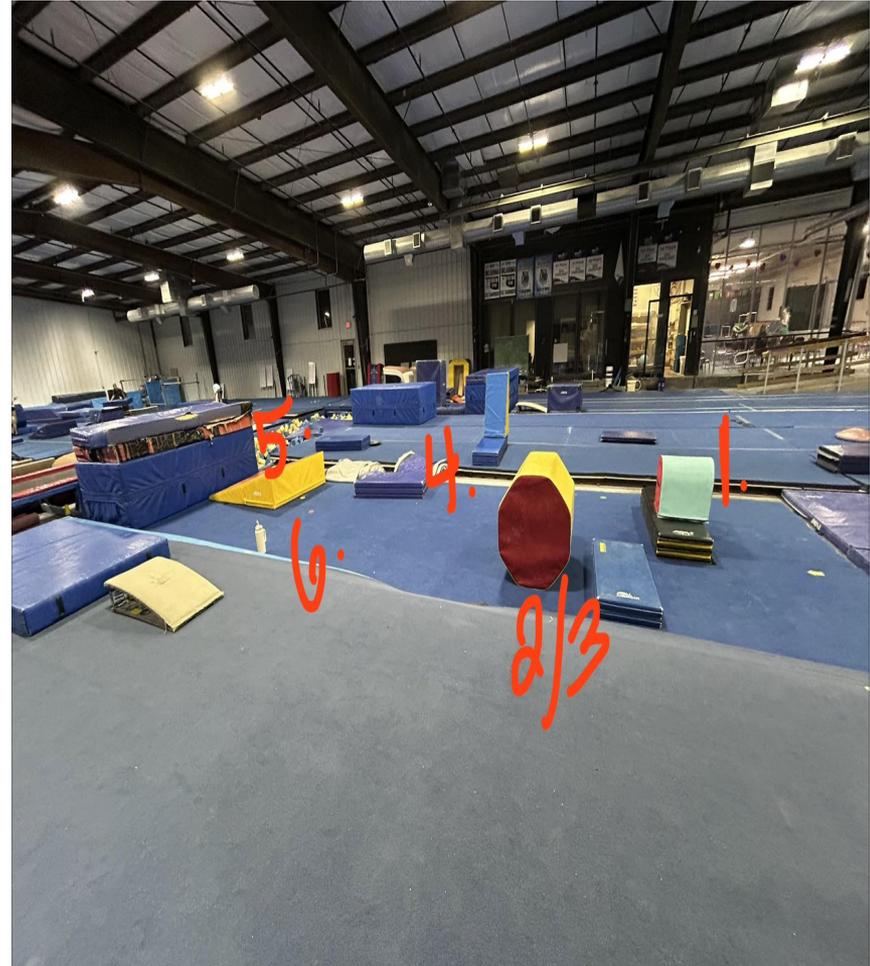
1.

7.

Floor

1. Round off, land behind mailbox
2. Back handspring over barrel mat
3. Front handspring over barrel mat
4. Handstand hold, snap down to mat
5. Round off, Snap down
back to whale
6. Cartwheel

Months Mar-May



Trampoline Setup



Intermediate

Months Mar-May



Months Mar-May

Vault

1. Punch off T-Trainer or springboard to handstand flatback
2. Running vault
 - a) Dive roll
 - b) Handstand Flat back
 - c) Front flip
3. Run Punch tuck over mailbox
 - a) Run punch front flip over mailbox
4. Run hurdle punch tuck
 - a) run hurdle punch front flip
5. Handstand hold
(not pictured, hold for 1-2min against wall or coach spotting)





4 and 4a)

Mushroom/Pommel Horse Int

Months Mar-May

1. Circle quarter/half jumps
2. Bucket circle
3. POM around the world
4. Slider walks
5. POM straddle hold and travel if can
6. Pocket slaps



Mush POM int

Months Mar-May

