

Months 1-2

MONTHS 1-2 WILL BE AUGUST & SEPTEMBER

1. WEEK #1- ODD WEEK (8/4- 8/9)
2. WEEK #2- EVEN WEEK (8/11- 8/16)
3. WEEK #3- ODD WEEK (8/18- 8/23)
4. WEEK #4- EVEN WEEK (8/25- 8/30)
5. WEEK #5- ODD WEEK (9/1- 9/6)
6. WEEK #6- REVIEW WEEK (9/8- 9/13)
7. WEEK #7- EVALUATION WEEK (9/15- 9/20)
8. WEEK #8- THEME WEEK (9/22- 9/27)

STRENGTH TRAINING

15 Minute Rotation **Months 1-2**



1. 30 second **jumping jacks** (switch directly into) 30 second **straight jumps**
 - Try not to take breaks in between switching skills
2. 15x push ups
3. 20x partner sit ups
4. Handstand holds with partner 20 sec
5. 30 sec squat jumps (Frog jumps)
6. Rope climb

TRAMPOLINE

Trampoline Tricks for Beginners



Tuck Jump



Pike Jump



Straddle Jump



Half/Full Twist



Seat Drop



Knee Drop



Doggy Drop



Front Drop



Back Drop

15 MINUTE ROTATION

MONTHS 1-2

- Straight jump
- Straight jump $\frac{1}{2}$ turn
- Tuck jump
- Straddle jump
- Split jump "good leg"
- Seat drop
- Knee drop
- Free jump into pit

FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Vault (VT)

Month 1-2

- Flat body hold stomach up- 2 Panel mats
 - (tight body, squeeze)
- Arm circle jumps off block with spring board onto floor
 - (work on arm circle all the way to arms by ears, straight body, and stick)
- Donkey Kicks on panel mat
 - (work on Legs straight, kick to vertical position)
- Jumps up and down panel mat
 - (work on straight body, arms by ears, and rebounding off floor)
- Running technique between cones:
 - High knees
 - Bottom kicks



Uneven Bars (UB)

Months 1-2 4-6 Stations

- 3x Glide Swings w/ Rollie
 - (work on pike position, extending to hollow body)
- Chin/ tuck hold- 10 seconds
 - (chin above bar)
- 3x Cast
 - (work on tight body, straight arms, hips off bar, holding front support)
- Front Support hold fall forward around bar, land on feet on floor
 - (work on shoulders in front of bar, straight arms, straight body)
- Hollow hold on floor -30 sec

Balance Beam

Months 1-2

LOW BEAM

- Skipping down beam, bear crawls back
- Straight Jumps
(work on straight tight body, toes pointed, arms by ears)
- Tuck Jumps
 - (work on knees to chest, arms by ears, pointed toes.)

HIGH BEAM

- Mounts to front support, swing leg over and toes back to stand.
Releve walks front and back.
(work on squeezing bottom and sucking in tummy, arms out, on tippy toes)

Floor (FX) Months 1-2

- Forward Roll on baby cheese to standing
- “T” Hold-5 seconds
 - (Work on horizontal leg and arms, tight body)
- Bridge hold on floor- hold for 10 seconds
 - (work on head off floor, feet together, straight arms)
- Backward Roll- cheese mat
 - (work on arms in pizza, tuck position, over the top of head to standing)
- Jump $\frac{1}{2}$ turn on floor
 - (work on tight body, straight arms by ears, pointed toes to stick)
- Cartwheel on floor to lunge
 - (work on rainbow legs, straight legs and arms)



Cartwheel



Forward roll



Backward roll

Review Week Months 1-2

Review Week

10 minutes- Warm up

7.5 minutes- Vault

7.5 minutes- U. Bars

7.5 minutes- B. Beam

7.5 minutes- Floor X.

7.5 minutes- Strength

Training

7.5 minutes- Trampoline

VT

- Arm circles
- Flat body holds
- Jump Hurdles
- Straight Jumps
- Donkey kicks

UB

- Glide Swings
- Chin Holds
- Front Support
- Hollow Holds
- Casts

BB

- skipping/ bears crawls
- Straight Jump
- Tuck Jump
- Mount

FX

- Forward Roll
- Backward Roll
- "T" hold- 5 sec
- Donkey Kick or Handstand
- Cartwheel

ST

- Push ups
- Squat Jumps
- Jumping Jacks
- Straight Jumps
- Sit ups
- Handstand holds against wall

TP

- Call out Jumps from Trampoline List, testing memory of skill.