Preschool Bar Drills

Bars

Front support-

- Start standing on block or stacked panel mats
- Leave about 12 inches between the bar and mat
- Hands shoulder width apart
- Standing on mat, keeping arms straight
- Slightly jump to the bars
- Placing tops of thighs to bar
- Arms straight pressing down on bar

Straddle hang “Pizza Hang” (toes on bar)-

- Hanging on the bar
- Shoulder width apart
- Lifting legs straight
- Placing toes on outside of either hand
- Hold for a minimum of 5 seconds

Cast off-

- Start standing on block or stacked panel mats
- Leave about 2 feet between the bar and mat
- Hands shoulder width apart
- Standing on mat, keeping arms straight
- Slightly jump to the bar
- Placing tops of thighs to bar
- Arms straight pressing down on bar
- Swing legs in front of torso
- Shoulders slightly forward, (>)
- Pushing down on bar, push legs back
- Forming a straight body
- Return feet back to block or stacked panel mats

Tuck Hang-

- Hanging on the bar
- Shoulder width apart
- Tuck knees to chest
- Toes together, not crossed
- Hold for a minimum of 5 seconds

Pike Hang “L” Hold”-

- Hanging on the bar
- Shoulder width apart
- Lift straight legs to “L” position or pike position
- Keeping legs straight, toes together
- Hold for a minimum of 5 seconds

Leg lifts-

- Hang straight body on the bar
- Shoulder width apart
- Lift straight legs to “L” position or pike position
- Returning back to straight body
- Lifting legs up a minimum of 5 times

Side Shimmy-

- Starting at one side of the bar
- Hang straight body on the bar
- Begin to walk hands side to side
- All the way to the other end of the bar
- Walking back and forth in each direction

Lay over bar to front support-

- Start on block or stacked panel mats
- Jump to front support l
- Lay over the bar
- Start with spot, holding the athletes heels and lifting chest back to front support
- Rotating hands backward and pulling toes towards floor, lifting chest
- Without spot, same movements

Swings (spotted)-

- Start with standing on the small bar in the preschool area
- Hands holding the high bar
- Feet together on the low bar, legs straight
- Coach: Holding the top of the athletes hand closest to you and with opposite hand placed on the middle of the athletes back
- Holding the hallow position before the swing
- Keep holding top of the hands while the athlete swings
- Two swings
- Drop, landing on feet

Cast off-

- Start with block or stacked mats
- Jump to front support
- Swing legs forward, leaning shoulders over the bar at the same time
- Pushing down on the bar, push hips away from the bar, keeping arms and legs straight
- Land with feet back on the block or stacked mats

Cast 3x times-

- Starting in front support
- Swing legs forward, leaning shoulders over the bar at the same time
- Pushing down on the bar, push hips away from the bar, keeping arms and legs straight
- Return hips back to the bar
- Repeat pushing hips away from the bar and returning 3 times

Chin hang (spotted)-

- Place hands on the bar, shoulder width apart
- Keeping legs straight and feet together
- Bending arms, pull chin to the bar
- Making sure the chin is over the bar
- Holding for at least 5 seconds, slowly building up to longer hold time

Pullover (spotted)-

- Place hands on the bar, shoulder width apart
- Bending arms, pull chin to the bar
- Bring legs up into a pike position
- Pulling “toes to the nose” while rotating around the bar
- Finishing in front support

Front roll over-

- Starting in front support
- Rotate hands forward, while leaning shoulders forward at the same time
- Roll forward over the bar
- Keeping legs straight
- Finish with placing feet on the floor