



BOYS REC LESSON PLAN

Coach X

High Bar (HB) Months Mar-May

Beginner

1. Glide swings with panel mat and barrel mat
2. Box pull up and hold
3. Spotted pull over
4. Half turn
5. Spotted swing 5x
6. Candle Stick
7. Hollow hold
8. Monkey Walks



1.

2.

5. 4.

8. Monkey Walks

3.

7
Hollow hold

6
candle
stick

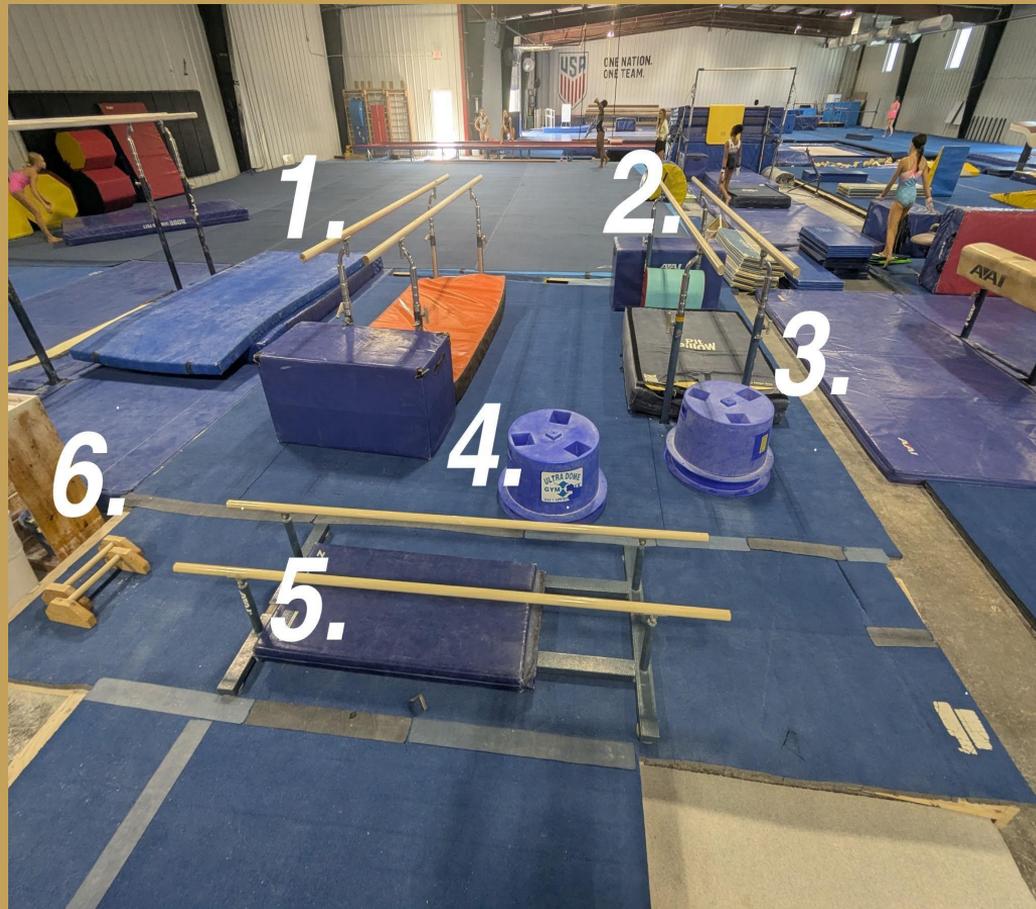


Parallel Bars (PB)

Months Mar-May

Beginner/Intermediate

1. Straddle travels
2. Upright Dips
3. Support Walks
4. Seated dips
5. Tuck Hold/L-Sit/Straddle hold
6. Reverse support hold/ push up holds (If they are available grab 3 sets of mini parallel bars!)



USA
ONE NATION.
ONE TEAM.

1.

2.

3.

4.

6.

5.

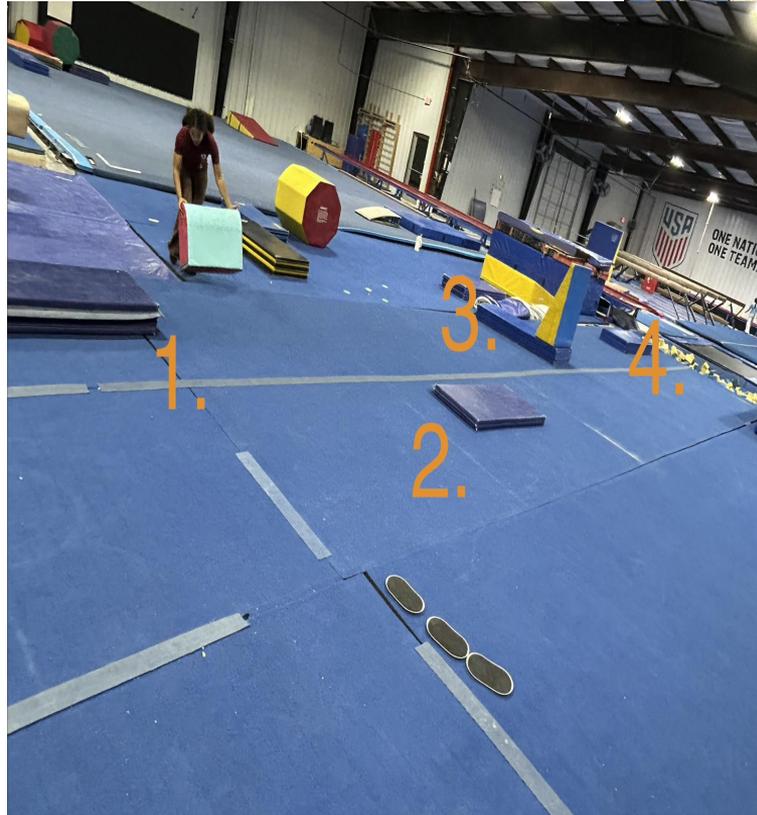




Mar-May

Floor Beg

1. Arabesque Lever
2. Hollow hold
3. Cartwheel (Try not to knock over baby cheese mat)
4. Fwd roll and present for 3 sec.
5. Handstand hold on wall or whale mat next to intermediate



Floor setup beg.



Mushroom/pommel horse (months Mar-May)

1. Circle walks
2. Circle hops/quarter jumps
3. Around the world on pommel
4. Slider walks down and back
5. Elevated pocket slaps
6. Straddle travel on pommel horse



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

NATION
E TEAM



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

NATION
E TEAM

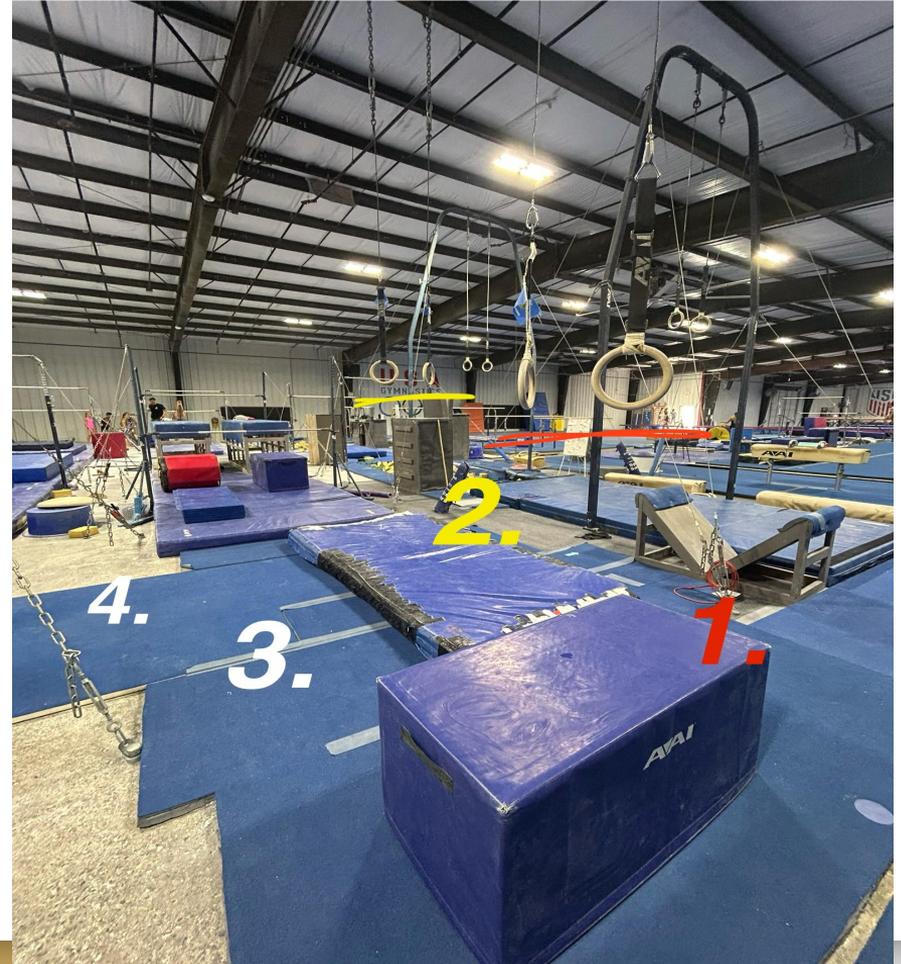


Rings (SR)

Month Mar-May

Beginner

1. Tuck hold, L sit, Pull up hold
2. Swings w/ foam between feet
3. Superman hold
4. Candlestick
5. Ring push up (on uneven bars now)





2.

1.

4.

3.

Ring Push Ups



Mar-May

Vault setup beginner



Mar-May

Vault Beg.

1. Hurdle punch tuck over mailbox
2. Run around buckets (80% sprint)
*Not pictured
3. Hurdle punch stick over panel mats
4. Run hurdle punch on tall small panel to 8 inch
5. Run hurdle punch on springboard, dive roll



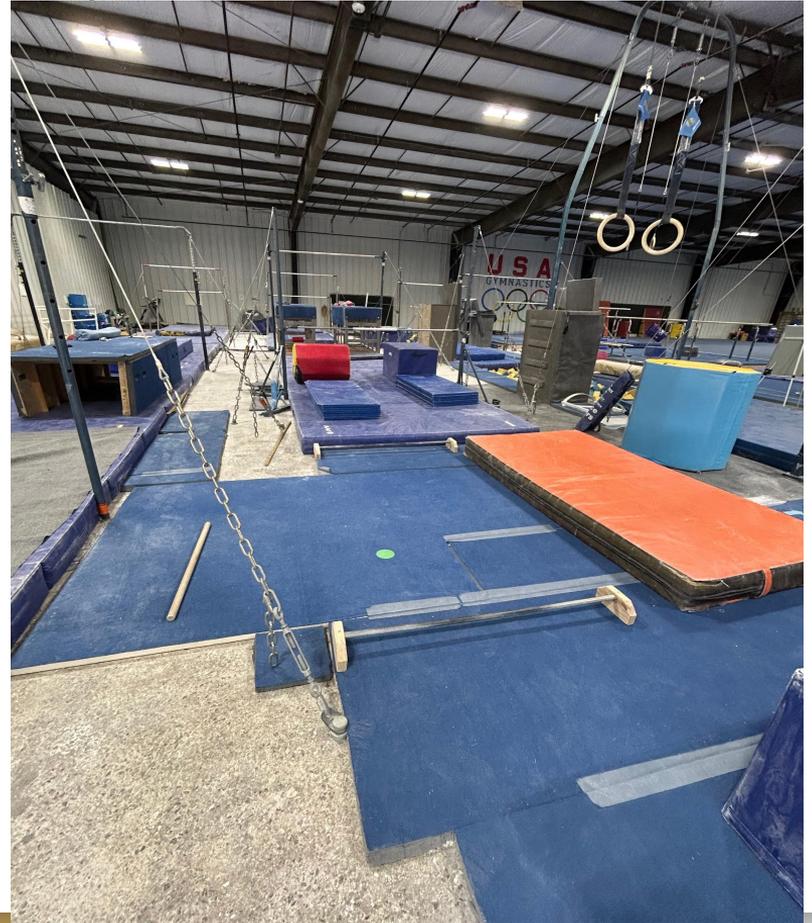


Rings (SR)

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

4



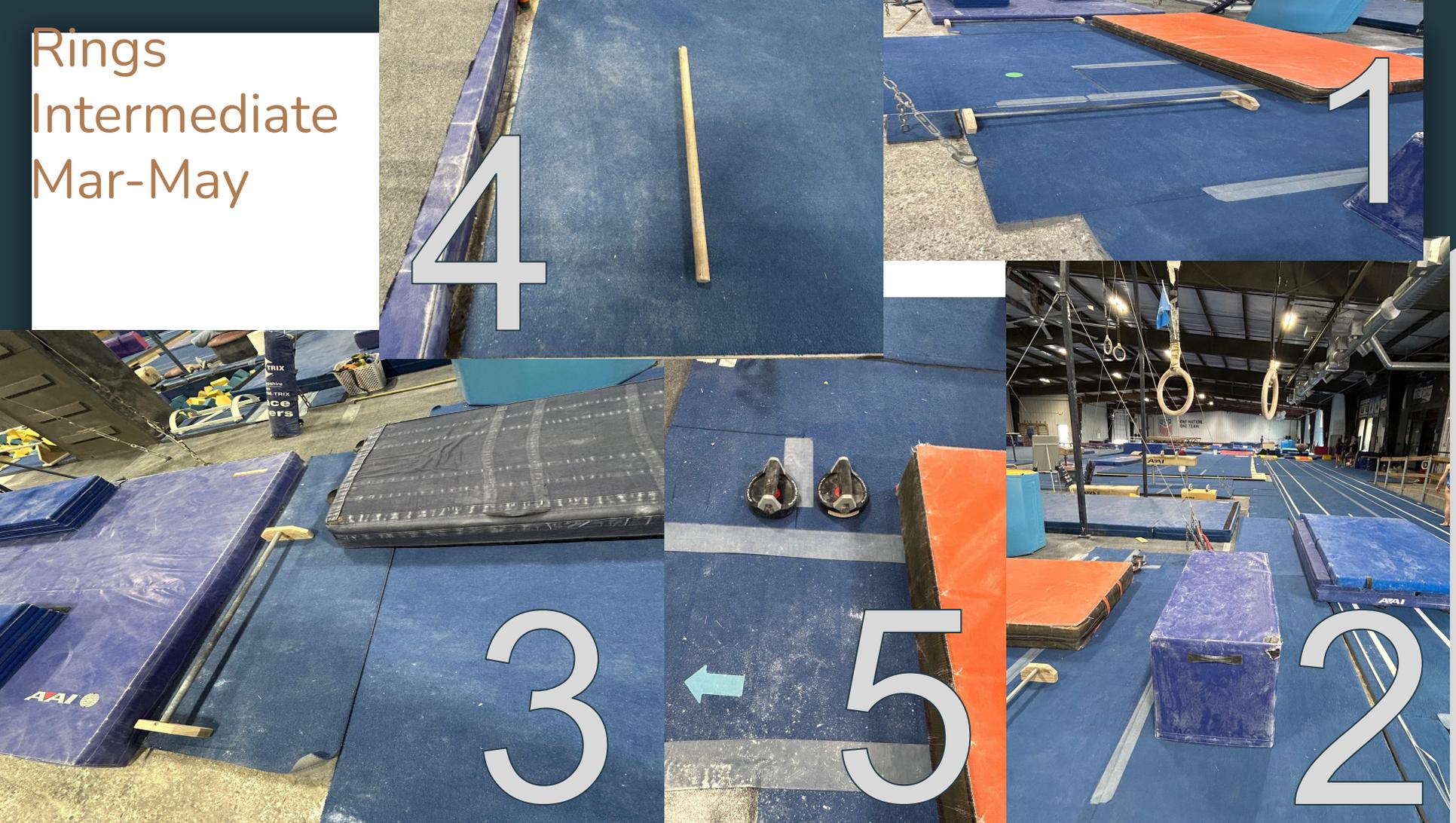
1

3



5

2



High Bar (HB) Months Mar-May

Int.

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



Stations 1-3 on HB

4 & 5 on ground here

6

7

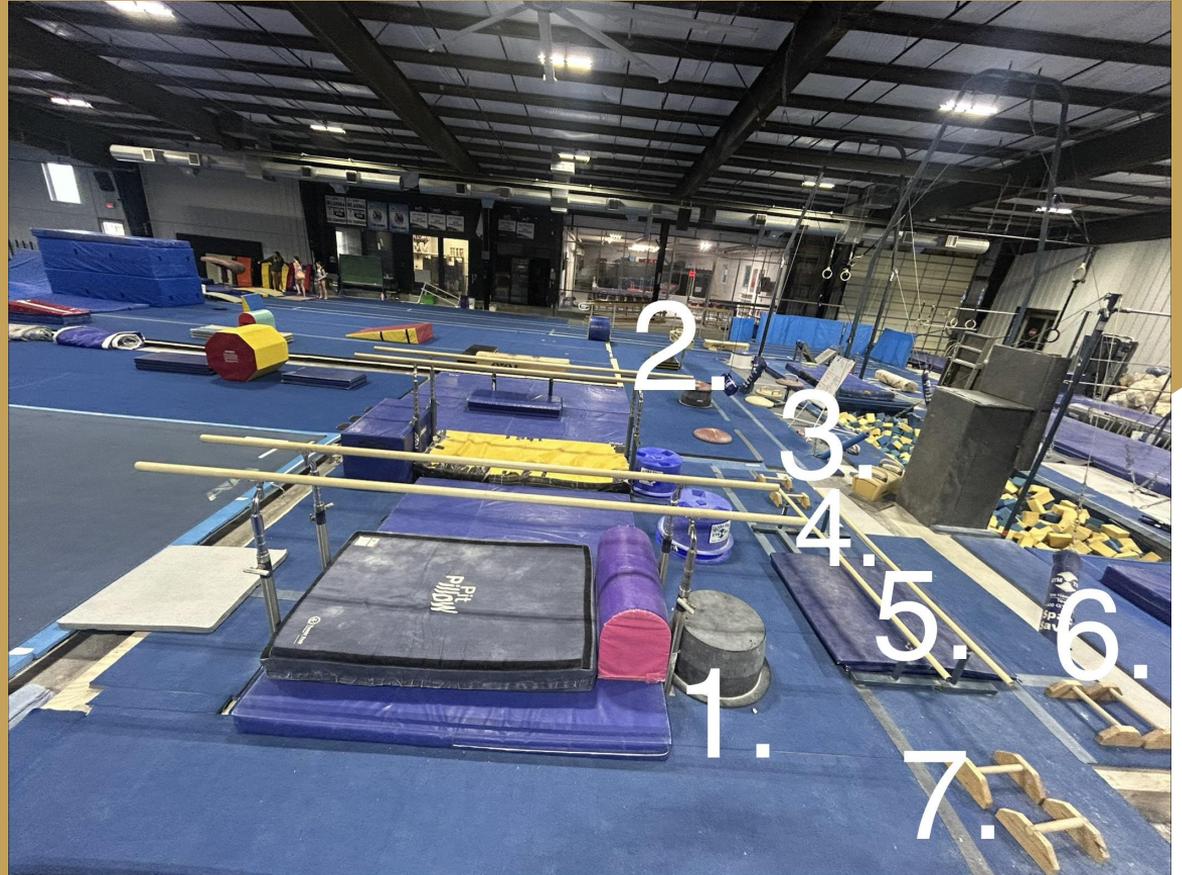


Parallel Bars (PB)

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.

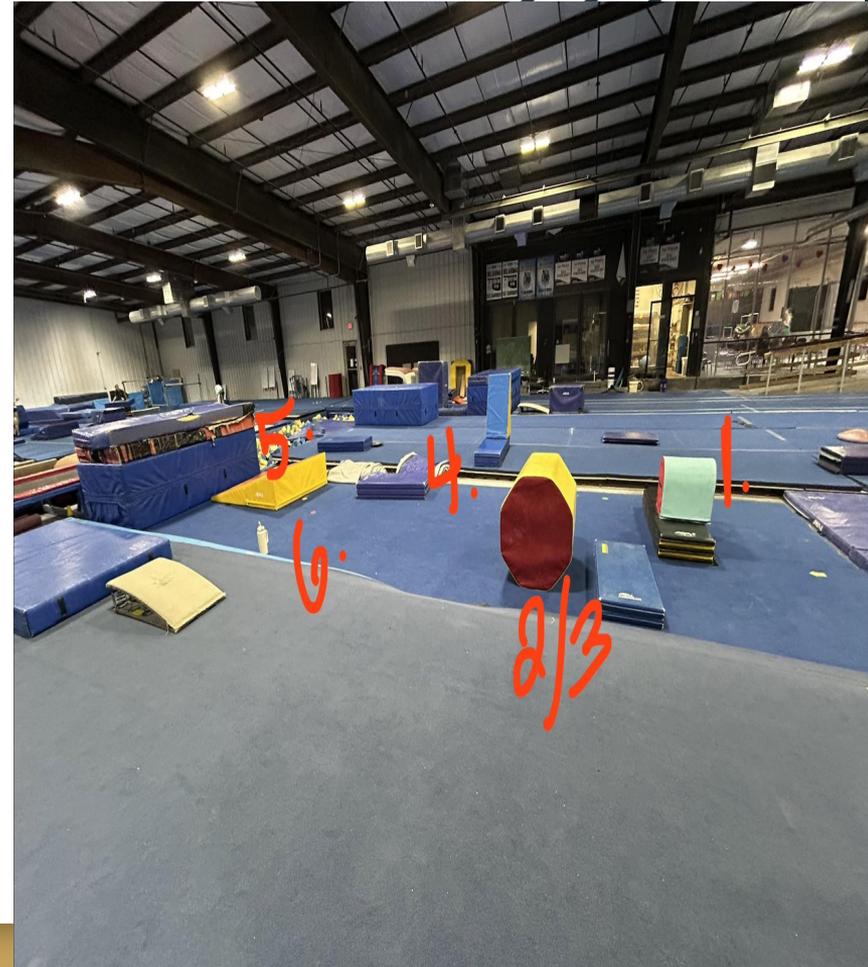
6.

1.

7.

Floor

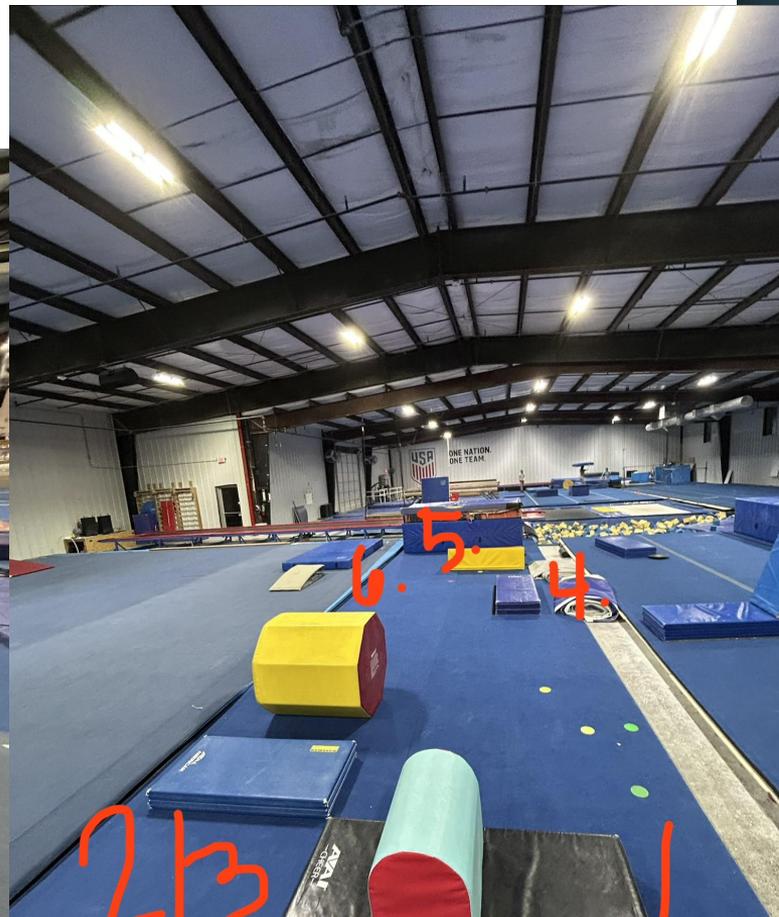
1. Round off, land behind mailbox
2. Back handspring over barrel mat
3. Front handspring over barrel mat
4. Handstand hold, snap down to mat
5. Round off, Snap down
back to whale
6. Cartwheel





Intermediate

Months Mar-May

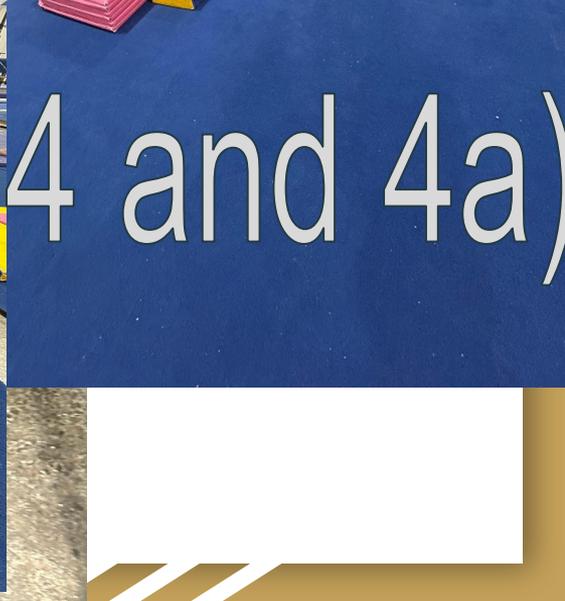


Months Mar-May

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)





Vault intermediate 1-3

