## Months 9-10

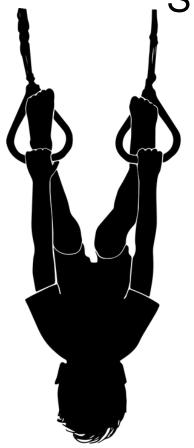
#### APRIL- MAY

ODD WEEK: FLOOR, BARS, TRAMPOLINE EVEN WEEK: VAULT, BEAM, STRENGTH

- WEEK #1- ODD WEEK (3/31- 4/5) WEEK #2- EVEN WEEK (4/7- 4/12) WEEK #3- ODD WEEK (4/14- 4/19)
- WEEK #4- EVEN WEEK (4/21-4/26)
- WEEK #5- ODD WEEK (4/28-5/3)

- WEEK # 6- EVEN WEEK (5/5-5/10)
  WEEK #7- REVIEW WEEK (5/12-5/17)
  WEEK #8- EVALUATION WEEK (5/19-5/24)
  WEEK #9- CLOSED MEMORIAL WEEK (5/26-5/31)

#### STRENGTH TRAINING



#### 15 Minute Rotation

#### Months 9-10

- 1. 2x 15 push ups
- 2. 2x 15 v-ups
- . 2x 15 arch ups with a 10 sec hold at the end of each.
- 45 sec wall sit
- 5. 20 kicks to handstand against the wall
- 6. Rope climb

## TRAMPOLINE



#### **FOCUS**

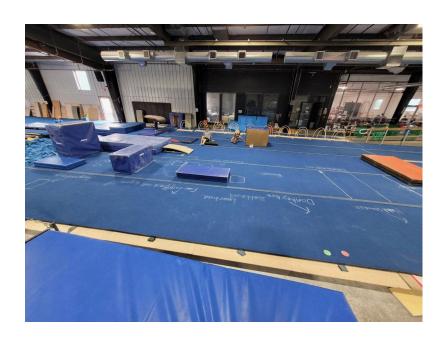
- 1. Proper technique
- 2. Arm & Leg positions
- 3. Pointed toes
- 4. Shapes of jumps

Spend 7-10 minutes working skills and connections

- Seat drop/doggy drop combo
- Tuck jump/Straddle jump combo
- Jump Full twist
- Stomach drop
- Back drop
- Seat drop half turn combo (don't stop after seat drop)

Spend the last 5-7 minutes working on front handsprings and/or back handsprings





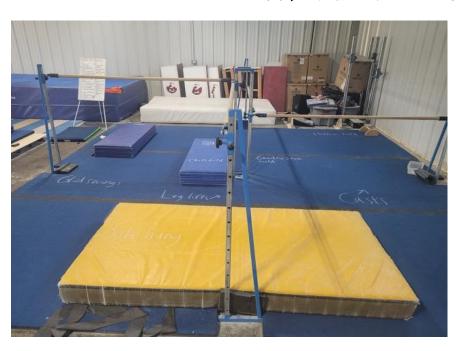
#### VAULT (VT) Months 9-10

15 minutes • 4-6 Stations

- Arm circles/ Hurdles (onto springboard)
- HS FB- Standing onto mat
- Running Straight Jump (off springboard onto short block to stick)
- Dive Rolls on floor- (punch with 2 feet onto mat)
- HS 1/2 Turn to Stomach
- Long Jumps over open panel mat
- HS FB- (off springboard onto whale mat)

### UNEVEN BARS (UB)

## MONTHS 9-10 15 MINUTES \* 4-6 STATIONS



- 3x Casts
- Pullovers
- Glide Swings 3x
- Chin Holds- 10 sec.
- Back Hip Circles with spot
- Candlesticks on floor

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## BALANCE BEAM (BB)

MONTHS 9-10

#### 15 MINUTES \* 4-6 STATIONS



- 1. Scale Hold- (high beam)
- Tuck jump/Split Jump combo -(low beam)
- Mount- Jump off springboard or panel mat to Tuck Position (high beam)
- 4. Cartwheel-(low beam)
- 5. Dismount- Round off (low beam
- 6. Pivot Turns (low beam)
- 7. Fwd/ Bwd Releve' walks (high beam)

# FLOOR (FX) MONTHS 9-10 15 MINUTES \* 4-6 STATIONS



- 1. HS to Lunge
- Chasse' to Tuck Jump/Split jump combo
- 3. Round off rebound
- 4. HS Fwd roll
- 5. HS Fwd Limber off panel mat
- 6. Back Bend kickover