

Months 9-10

APRIL - MAY

ODD WEEK: FLOOR, BARS, TRAMPOLINE

EVEN WEEK: VAULT, BEAM, STRENGTH

1. WEEK #1- ODD WEEK (3/31- 4/5)
2. WEEK #2- EVEN WEEK (4/7- 4/12)
3. WEEK #3- ODD WEEK (4/14- 4/19)
4. WEEK #4- EVEN WEEK (4/21- 4/26)
5. WEEK #5- ODD WEEK (4/28- 5/3)
6. WEEK # 6- EVEN WEEK (5/ 5- 5/10)
7. WEEK #7- REVIEW WEEK (5/12- 5/17)
8. WEEK #8- EVALUATION WEEK (5/19- 5/24)
9. WEEK #9- CLOSED MEMORIAL WEEK (5/26- 5/31)

STRENGTH TRAINING



15 Minute Rotation

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1. 2x 15 push ups
2. 2x 15 v-ups
3. 2x 15 arch ups with a 10 sec hold at the end of each.
4. 45 sec wall sit
5. 20 kicks to handstand against the wall
6. Rope climb

TRAMPOLINE

15 MINUTE ROTATION
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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)

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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)

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15 MINUTES * 4-6 STATIONS



1. Scale Hold- (high beam)
2. Tuck jump/Split Jump combo -(low beam)
3. 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
2. 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