



PRIDE
GYMNASTICS ACADEMY

Girls Rec

Advanced Lesson Plans

December-January

COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. **YOUR PHONE DOES NOT COUNT.**
- Engage when coaching & be hands on
- No chewing gum
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- **NO PHONES WHILE COACHING.** First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pride Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, **EMERGENCY ONLY**
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

ROTATION SCHEDULES

CLASS TIME 55 MINUTES

1. WARM UP - 10 minutes max
2. ROTATION # 1 - 15 minutes
3. ROTATION # 2 - 15 minutes
4. ROTATION # 3 - 15 minutes

Warm Up

First 10 minutes of class

Stretch

1. Arm Circles (8 Counts)
 - a. Forward
 - b. Backward
 - c. Criss cross
 - d. Side to side
2. Standing Pike
3. Standing Straddle
 - a. Right
 - b. Left
 - c. Middle
4. Sitting Straddle
 - a. Right
 - b. Left
 - c. Middle
5. Sitting Pike
6. Skin the cat
7. Butterfly
8. Ankle Rolls (8x each direction)
9. Wrist stretches
10. Splits (both legs)
 - a. Lunge forward
 - b. Short Split
 - c. Full Split
11. Bridge (Kick over if able)
 - a. Rock- N- Roll



December-January

- WEEK #1- ODD WEEK (12/1-12/7)
- WEEK #2- EVEN WEEK (12/8-12/14)
- WEEK #3- ODD WEEK (12/15-12/21)
- WEEK #4- EVEN WEEK (12/22-12/28)
- WEEK #5- ODD WEEK (12/29-1/4)
- WEEK #6- REVIEW WEEK (1/5-1/11)
- WEEK #7- EVALUATION WEEK #1 (1/12-1/18)
- WEEK #8- EVALUATION WEEK #2 (1/19-1/25)
- WEEK #9- THEME WEEK (1/26-2/1)

Strength Training

Beginners

1. **Jumping jacks**
2. Push ups
3. Reverse crunches
4. Lunges
5. Rope climb

Intermediate

1. **Jumping jacks**
2. Push ups
3. Reverse crunches
4. Lunges
5. Rope climb

Advanced

1. Jumping jacks
2. Push ups ***feet can be elevated to add difficulty**
3. Reverse crunches
4. Lunges
5. Rope climb

***Rotate through stations:**

1 time: 3 minutes each

2 times: 1:30 each

Trampoline

BEGINNER:

- Split
- Pike jump
- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, forward roll

INTERMEDIATE:

- Knee drop
- Doggy drop
- Doggy drop forward roll
- Doggy drop front tuck
- Front tuck
- Hollow to stomach drop, stand

ADVANCED:

- Doggy drop, front tuck
- Front tuck
- Hollow to stomach drop, stand
- Back drop
- Back handspring (spotted)
- Seat drop, back handspring

Vault

ADVANCED

1. Running warm up
 - High knees down
 - Bottom kicks back
 - Ankle punches
 - Arm circle straight jumps
2. Front handspring OR half on over whale mat
3. Heel drives on vault table
4. Arm circle straight jump from block up to vault table
5. Handstand flat back with whale mat
6. Fall to handstand over barrel flat back onto mat

Uneven Bars

ADVANCED

1. Glide swing -> chin up pull over -> cast, back hip circle -> cast, sole circle dismount/squat on
 - Pass to kip
2. Squat on w/ parallette bar
3. Kip drill with bar on floor
4. Arch/hollow holds on side of high bar
5. Leg lifts, holding side of bars

Balance Beam

ADVANCED

Warm up

- Spread out on beam
- Feet in beam position, arms in crown
- Straight jump X 5 (finish each)
- Split jump X5 (finish each)
- Repeat

Stations

- Cartwheel on low beam
- Handstand/Cartwheel on high beam
- Dismount on high beam
 - Round off or side handstand
- Straight jump + split jump
- Half turn
- Bride kick over or back walkover on line on floor

Floor

ADVANCED

1. Full turn
2. Bridge kickover/back walkover on line
 - Pass to 2 connected
3. Front limber/front walkover
 - Use barrels as needed - with hands in front
4. Running round off rebound, hurdle over mat
 - Pass to round off back handspring
5. Chasse leap + tuck jump
6. Straight jump off panel pat down + straddle jump on floor
7. Back handspring down wedge w/ spot