



PRIDE
GYMNASTICS ACADEMY

Tumbling
Beginner - Advanced
Lesson Plans

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.

ADDITIONAL GUIDELINES

Spotting:

- Do not allow kids to flip on the bars by themselves. The bars are too big for their hands & since we don't use chalk, they will fall.
- When spotting bars, always have at least one hand on the child. Be prepared for their hands to slip or for them to let go.
- Never allow kids to do skin the cats alone and rotate their shoulders around. Spot them and make them drop before their shoulders rotate, help them land.
- When spotting cartwheel, ALWAYS spot from the side of their favorite foot.
- When spotting any sort of flip or roll, be sure the child's neck is protected.

Months 7-8

- WEEK #1- ODD WEEK (2/2- 2/8)
- WEEK #2- EVEN WEEK (2/9- 2/15)
- WEEK #3- ODD WEEK (2/16- 2/ 22)
- WEEK #4- EVEN WEEK (2/23- 3/1)
- WEEK #5- ODD WEEK (3/3- 3/8)
- WEEK #6- EVEN WEEK (3/9- 3/ 15)
- WEEK #7- EVALUATION WEEK (3/16- 3/22)
- WEEK #8- THEME WEEK (3/23- 3/29)

Strength Training

Beginners

1. :30 second **jumping jacks** (switch directly into) :30 second **straight jumps**
2. 10 push ups
3. 10 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 30 sec mountain climbers (2 times)
6. 10 handstands
7. Rope climb

Intermediate

1. :45 second **jumping jacks** (switch directly into) :45 second **straight jumps**
2. 10 push ups (2 times)
3. 20 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 45 sec mountain climbers (2 times)
6. 30 sec handstand hold
7. Rope climb

Advanced

1. 1:00 min jumping jacks :10 sec rest 1:00 min straight jumps
2. 10 push ups (3 times)
3. 30 shoulder taps (2 times)
4. 45 sec high plank (2 times)
5. 1 minute mountain climbers (2 times)
6. 45 sec handstand hold
7. Rope climb

Trampoline

BEGINNER:

- Straight jump
- Tuck jump
- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, forward roll

INTERMEDIATE:

- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, front tuck
- Front tuck
- Back handspring w/ spot

ADVANCED:

- Front tuck
- Front Pike
- Back handspring
- Back tuck

Floor

BEGINNER

1. See saw or Handstand up to panel mat
 - One foot up, start and finish in lunge
2. Forward roll on panel mat
 - Feet on floor, hands on mat, stand with feet on floor
3. Backward roll down wedge
4. Cartwheel over sideways panel mat
 - Start and finish in lunge
5. Bridge hold
 - Pass to lifting one leg/kick over

INTERMEDIATE

1. Handstand, fall to bridge with long panel mat
 - Hands at end of panel, feet fall to floor
 - Pass to front limber
2. Handstand snap down, rebound w/ tall panel mat
 - Hands up to mat, snap feet down, rebound
3. Forward roll over small spotting block to stand
4. Back handspring over barrel w/ 8 inch mat
 - Make sure they hit handstand and fall to push up
5. Round off over sideways panel mat w/ hoop
 - Land 2 feet in hoop
6. Standing bridge up wedge
 - Feet at bottom of wedge

Floor

ADVANCED

1. Front limber with panel mat
 - Pass to front walkover
 - Pass to flat on floor
2. Handstand snap down, rebound up to tall panel
 - Pass to handstand snap down back handspring
3. Front tuck w/ springboard onto 8 inch mat
 - Pass to step out CW or round off
 - i. *forward roll over spotting block step out CW for drill
4. Bridge kick over on floor
 - Pass to back walkover
 - Pass to 2 BWO
5. Running round off rebound, over hurdle mat
 - Pass to round off back handspring
 - Pass to multiple
 - Pass to back handspring back tuck
6. Standing back handspring down wedge
 - Pass to series

Tumble Track

BEGINNER

1. Backward roll down wedge (on TT)
2. Cartwheel over panel mat (on TT)
3. Handstand up to panel mat
 - Start and finish in lunge
4. Forward roll to stand
5. 5 dips with hands on tumble track
 - Hands on red
 - Fingers facing body, bend elbows to 90 degrees

INTERMEDIATE

1. Bride kick over down wedge (on TT)
 - From laying down
 - Pass to back handspring if needed
2. Round off over panel mat (on TT)
3. Handstand up to panel mat
4. Backward roll on panel mat
5. 10 dips on side of tumble track
 - Hands on red
 - Fingers facing body, bend elbows to 90 degrees

Tumble Track

ADVANCED

1. Round off rebound on trampoline
 - Pass to round off back handspring
 - Pass to round off 2 back handspring
 - Pass to round off back handspring back tuck
2. 15 tuck jumps on resi mat
3. Back tuck set up to spotting block, roll to tuck (use panel to stand on if too short)
4. Round off from knee
5. 25 dips on side of tumble track
 - Fingers facing feet