

MONTHS 1-2

August & September

- WEEK #1- ODD WEEK (8/4- 8/9)
- WEEK #2- EVEN WEEK (8/11- 8/16)
- WEEK #3- ODD WEEK (8/18- 8/23)
- WEEK #4- EVEN WEEK (8/25- 8/30)
- WEEK #5- ODD WEEK (9/1- 9/6)
- WEEK #6- EVEN WEEK (9/8- 9/13)
- WEEK #7- ODD WEEK (9/15- 9/20)
- WEEK #8- THEME WEEK (9/22- 9/27)

# STRENGTH

1. 1 min jumping jacks
2. 1 min straight jumps
3. 1 min frog jumps
4. 1 min wall sit
5. 30x push ups
6. Rope climb
7. 30x hollow crunches
8. 45 sec handstand hold with partner

# FLOOR

- Front limber/ Front walkover
  - (HS hold 3 seconds in front limber, straight legs, stand with arms by ears)
- back walkover with straight legs to lunge
  - (move to back handspring once accomplished perfect back walkover)
- handstand snap downs, rebound up to panel mat
  - (work on arching to snap feet down and getting hands up by the time feet hit floor)
- Running Round off T-trainer onto 8" mat
  - (hands on T-trainer, snap feet under, arms up by ears before feet land)
- Jumps off panel mat into jump (straight, tuck, split, straddle, pike)
  - (work on punching off the floor into jump, arms in proper positions and legs straight)
- Full Turns to finish
  - (work on spinning with foot next to knee and arms by ears.)

# VAULT

- hurdle “C” position blocking off wall
  - (Work on holding “C” position and using straight arms to block off wall)
- Running drills- down the runway (high knees,butt kicks, lunges)
- running hurdle over panel mat to pike on 8”
  - (work on long hurdles, arms in front when landing)
- Straight jumps- up to velcro vault
  - (move to handstands up to velcro vault when straight jump is perfect)
  - (focusing on longer hurdles, tiptoes running, no slowing down, straight tight body)

# BARS

- BHC
- Pullovers
  - (focusing on pulling without jumping, chin up all the way, and then straight legs over)
- X5 PERFECT casts to push up position
  - (work on tight, hollow body to horizontal position)
- Swings on high bar
  - (Working on tight body, pike to hollow hold, arch to swing higher)
- front support, circle around bar and land on feet on floor
  - (beginning of front hip circle, work on keeping hips on bar, straight arms and tight body)

## **HIGH BAR ABOVE PIT**

- “L” holds to horizontal hold 10 seconds
- Chin holds 10 seconds

# BEAM

- Releve walks- forward, backward, sideways (do all together)
- kicks down beam front and back kicks (do all together)
  - (Work on straight legs to horizontal, arms horizontal)
- **Divide beams into stations**
- Split leaps
  - (work on straight legs and getting legs to horizontal split, arms out, pointed toes)
- Donkey Kicks to lunge
  - (working on straight legs to needle position, foot off the beam)
- Full turns
  - (work on foot next to knee, proper set technique with arms, spin arms by ears)
- round off end of beam
  - (working on going over the top, and pushing off beam with hands up before landing)
- Straight jump tuck jump combo
  - (knees to chest, arms up by ears, straight body on straight jumps, pointed toes)

# TRAMPOLINE

- Split jump “both legs”
- Pike jump
- Straddle jump
- Wolf jump
- knee drop to handstand 3x without stopping
- Back drop
- stomach drop
- Front flip
- Back handsprings
- front handsprings

Here are some thoughts:

Things I would consider basics and fundamentals that need to be master before learning the harder stuff

-control  
-jumps

If you're kid is not ready and has those basic skills then dont have them move on. Use your own judgment