

Preschool Drills

Vault

Running form-

- Standing feet together
- Rise to high toe
- Leaning shoulders forward
- Running steps on high toe
- Moving arms while running

Donkey kick-

- Panel mats
 - Stacking two panel mats
 - Draw a square on the floor
 - Hands placed on the panel mat (shoulder width apart)
 - Keeping arms straight, pressing down on mat
 - Jumping with feet together, legs straight
 - Returning to square
- Block mat and Springboard
 - Place the springboard about 4-6 inches away from block mat
 - Draw a square on the springboard
 - Hands placed on the block mat (shoulder width apart)
 - Keeping arms straight, pressing down on mat
 - Jumping with feet together, legs straight
 - Returning to square on springboard

Proper springboard entry (One-foot jump to two feet)-

- Floor Circle and Square drill
 - Start without the springboard first
 - Draw a Circle, leave about 12inch space, draw a Square
 - Start with "bad foot" in the circle, lifting good foot straight in front of body
 - Arms straight, in front of body
 - Jump from base "bad foot" to both feet into square.
 - Circling arms behind torso
 - Feet together in square with arms straight by ears
 - Once your athlete begins to understand the concept (one-foot jump to two feet), extend the space between the circle and square. the goal is 2.5-foot space.
- Springboard
 - Place a panel mat behind the springboard
 - Draw a circle on the panel mat, draw a square at the top of the springboard
 - Start with "bad foot" in the circle, lifting good foot straight in front of body
 - Arms straight, in front of body
 - Jump from base "bad foot" to both feet into square
 - Circling arms behind torso
 - Feet together in square with arms straight by ears

Vault

Straight jump off board-

- Feet together at the top of the spring board
- Arms straight up by ears
- Jumping up, legs straight and together
- Land feet slightly apart
- Arms in front of chest
- Holding stick position

Squat onto block-

- Place spring board next to block or stacked panel mats
- Starting with feet on the board
- Legs straight and together
- Hands placed onto the block
- Straight arms with hands shoulder width apart
- Jump off both feet, bringing knees to stomach
- Landing with feet on the block, knees still tucked to stomach

Forward Roll down Cheese mat with Springboard-

- Place the spring board at the top of the cheese mat
- Start with feet on the spring board
- Hands on the top of the cheese mat
- Tucking Chin to chest
- Jump off feet and tuck knees to chest
- Rolling forward down the cheese mat
- Stand and finish

Stick Position-

- Stick position drills can be done multiple ways; games are the most fun way of learning to stick.
- Spring board and 8" mat
 - Run, jumping onto board, any kind of jump, holding stick position
- Jumping off of block
- Jumping off a beam to stick on a resi mat
- Stick position feet slightly apart, legs bent, arms in front of chest, arms straight

Straddle forward roll-

- Down a cheese mat
 - Feet at the top of the cheese mat
 - Straddle position
 - Hands on the mat
 - Chin tucked to chest
 - Rolling forward bring feet together
 - Stand without using hands, finish
- On an 8" mat
 - Feet on the floor
 - Straddle position
 - Hands on the mat
 - Chin tucked to chest
 - Rolling forward onto the mat, bring feet together
 - Stand without using hands, finish

Vault

Straddle on block-

- Place the spring board In front of block
- Start with feet together on boar
- Hands on the block, arms straight
- Jump with legs straight
- Bring legs to either side of arms, straddled
- Keeping arms straight

Run, punch with two feet, Straight jump-

- Spring board with 8" mat
 - Run
 - Proper spring board entry
 - Straight jump on to 8" mat
 - Landing in a finish position
- Spring board jumping into foam pit
 - Run
 - Proper spring board entry
 - Straight jump into foam pit
 - Keeping feet together when landing in foam pit

Run, punch forward roll onto stacked mats (spotted)-

- Spring board with two or three 8" mats
 - Run
 - Proper spring board entry
 - Placing hands onto mats
 - Chin tucked to chest
 - Knees to stomach, feet together
 - Rolling forward
 - Stand without using hands, finish

Run, punch, donkey kick (spotted)-

- Spring board with block mat
 - Run
 - Proper spring board entry
 - Arms by ears
 - Hands to block and jumping with feet together, legs straight, at same time
 - Returning back to spring board
 - Arms remaining by ears

➤ The goal is to reach a 90 degree angle

Standing Handstand flat back (Spotted)-

- 8" mat and panel mat
 - Place the panel mat on the shorter end of the 8" mat
 - Place hands onto panel mat
 - One leg at a time, kick into handstand
 - Arms and legs straight
 - Ears covered, looking at hands
 - Fall onto 8" mat with straight body