

Preschool Beam Drills

(Low/ medium height beam)

Releve walks-

- Start with arms to the side “airplane arms”
- Raise heels up “tip toe”
- Walking forward, with legs straight
- Keeping your heels up with each step

Side walks-

- Start with arms to the side “airplane arms”
- Stand sideways on beam “tummy facing the wall”
- Just the balls of the athlete’s feet should be on the beam
- Keeping heels off the side of the beam with each step
- Stepping out to side, bringing opposite foot to starting foot
- Once at the end of the beam, continue back to the starting end of the beam
- Still facing the same direction

Backward walks-

- Start with arms to the side “airplane arms”
- Facing the shortest distance to end of the beam
- Stepping one foot backwards at a time
- Placing each foot directly behind the other
- Toes touching the heel of opposite foot
- Keeping legs straight with each step
- Head/ eyes facing forward

Tucked Bear Crawls (Forward and Backward)-

- Start standing
- Then squat down to a tucked position
- Place hands on beam, fingers facing forward
- Shifting weight on both hands and feet
- Step forward with one hand at a time
- Then allow feet to follow
- Once comfortable with walking hands then feet, have the athlete then step one hand and opposite foot with each step
 - Example: Right hand forward and left foot forward, switching with each step.
- This continues with both forward and backward bear walks

Dip walks “ice cream scoops”-

- Start with arms out to the side “airplane arms”
- Stepping forward on foot at a time
- Bending the base leg
- Sliding opposite leg down the side of the beam, reaching toes below the bottom of the beam
- Straightening the base leg, keeping opposite leg straight, lifting opposite legs to point toes on top of the beam
- Repeat motion on both legs, down the beam

Bunny Hops-

- Starting with feet together, hands placed on hips
- Small jumps forward
- Keeping the feet together while jumping
 - If both feet do not fit on the width of the beam, have the athlete then place their “good foot” slightly in front of their opposite foot. The heel of the “good foot” should not go past the toes of the opposite foot.

Arabesque Kicks (Forward & Backward)-

- Starting with arms out to the side “airplane arms”
- Focus on keeping the base leg straight
- Lifting the opposite leg to a minimum of 45-degree angle during the “Kick”
- Repeat the motion on each leg
- Backward Kicks- lifting leg behind while stepping forward
- Repeating the motion on each leg

Coupe’ walks “Baby Flamingo walks”-

- Starting with arms out to the side “airplane arms”
- Step forward keeping base leg straight
- Bring opposite foot up, placing toes to the ankle of base leg
- Repeating the motion with each step

Straight jump (off beam)-

- Standing on the end of the beam
- Arms up straight by ears
- Feet together
- Jump up, off the beam
- Landing in a stick position
- Finish

Straight jumps-

- Starting with arms straight by ears
- Feet together
- Jumping up, trying to stay in the same spot
- Keeping legs straight during the jump

Lunge to “T” hold-

- Lunge-
 - Starting with arms straight by ears
 - One foot in front, “base leg”; “good foot”
 - The base leg will be slightly bent
 - Opposite leg behind, straight
- “T” Hold
 - Lifting the leg up in the back, straight
 - Keeping the body straight, from finger to the back leg
 - Holding the “T” position for up to 5 seconds
 - Returning back to lunge

Needles-

- Start in a lunge position
- Reaching hands forward hold the “T” hold
- Continue to reach hands to the beam
- Once hands have reached the beam, make sure the lifted leg is about 90 degrees
- Keeping base leg bent
- Focus on keeping extended leg straight
- Hold for 5 seconds
- Push off hands, returning to lunge

Forward roll-

- Start in a squat position
- Place hands on beam, finger to side of the beam and thumbs facing forward
- Tuck head, chin to chest
- Slowly place back of head onto the beam
- Rolling forward, continue to hold the beam
- Once rolled, straddle legs to a sitting position on the beam
- Then Placing hands in front of body
- Swing legs up behind, into squat position
- Stand and finish