

# Months 1-2

MONTHS 1-2 WILL BE AUGUST & SEPTEMBER

1. WEEK #1- ODD WEEK (8/4- 8/9)
2. WEEK #2- EVEN WEEK (8/11- 8/16)
3. WEEK #3- ODD WEEK (8/17- 8/23)
4. WEEK #4- EVEN WEEK (8/25- 8/30)
5. WEEK #5- ODD WEEK (9/1- 9/6)
6. WEEK #6- REVIEW WEEK (9/8- 9/13)
7. WEEK #7- EVALUATION WEEK (9/15- 9/20)
8. WEEK #8- THEME WEEK (9/22- 9/27)

# STRENGTH TRAINING

## 15 Minute Rotation: Months 1-2



1. 45 second **jumping jacks** (switch directly into) 45 second **straight jumps**
  - a. No breaks
2. 45 second frog jumps
3. 25x push ups
4. 45 seconds hollow holds
5. 45 second Wall sit
6. 30 second handstands (against wall)
7. Rope climb

# TRAMPOLINE

## Trampoline Tricks for Beginners



Tuck Jump



Pike Jump



Straddle Jump



Half/Full Twist



Seat Drop



Knee Drop



Doggy Drop



Front Drop



Back Drop

15 MINUTE ROTATION

**MONTHS 1-2**

- Straddle jump
- Pike jump
- Seat drop
- Doggy Drop
- Jump full turn
- Knee drop to handstand
- stomach drop
- Free jump into pit

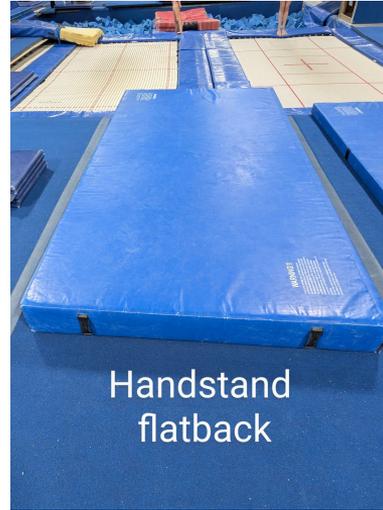
### FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

# Vault (VT)

Month 1-2      15 minutes

- Flat Body Holds stomach down- Panel mats
  - (work on tight body, pointed toes.)
- Arm circle jumps-2 panel mats+ springboard + block
  - (work on arm circle all the way up to arms by ears, straight tight body)
- Handstand Flatbacks- 8"
  - (work on hitting handstand first, tight body to fall)
- Running Dive roll down cheese mat- springboard + cheese mat
  - (work on reaching , and tuck position when rolling. )
- Running technique
  - High knees
  - Butt kicks



# Uneven Bars (UB)

## Months 1-2

- 3x Glide Swings  
(jump to pike position, feet not dragging floor, straight legs to extended body.)
- Chin up Pike Hold-10 seconds  
(legs in L shape, straight)
- 3x casts to cast away to stick  
(work on cast to push up position, hips off the bar, tight body)
- Candle stick rocks to standing  
(work on toes to ceiling with hollow body)
- Pullovers
  - (work on holding chin to bar and pulling legs over straight)

# Balance Beam

# Months 1-2



## MIDDLE BEAM

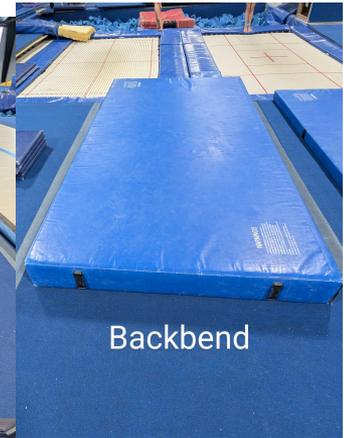
1. Scale Holds 3 seconds  
(arms out, no wobbling, straight bottom leg)
2. Split Jumps  
(straight legs, pointed toes, arms horizontal)
3. Straight Jump full turn off end of beam to stick
4. Needle  
(straight body, legs tight, bottom leg straight)

## HIGH BEAM

5. Mount to straddle swing legs back, land on tippy toes to stand.
6. Passe' Walks: Forward  
(work on tight body, leg to knee, arms by ears)

# Floor (FX) Months 1-2

- Handstand forward Roll on floor
  - Work on holding handstand first, tight body, roll into tuck position to standing)
- Straight arm backward roll down cheese mat to push up position
- Round off up against baby cheese (blue and yellow) standing
  - (Stomach facing cheese mat, trying not to knock it over. Straight rainbow legs)
- Handstand Hold up 45 seconds against large block
  - (work on tight straight body, pointed toes, straight arms)
- Backbend kickover- 8"
- Split jump off panel mat
  - (work on straight legs, pointed toes, arms horizontal)



# Review Week Months 1-2

10 minutes- Warm up

7.5 minutes- Vault

7.5 minutes- U. Bars

7.5 minutes- B. Beam

7.5 minutes- Floor X.

7.5 minutes- Strength Training

7.5 minutes- Trampoline

## VT

- Arm circles
- Handstand Flatback
- Jump Hurdles
- Straight Jumps
- Dive roll

## UB

- Glide Swings
- Chin Holds
- Front Support
- Hollow Holds
- Casts to horizontal

## BB

- Scale Hold
- Passe' walks
- Split Jump
- Straight Jump ½ turn
- Mount
- Needle

## FX

- Handstand Forward Roll
- Backward Roll
- Handstand
- Cartwheel
- Back limber

## ST

- Push ups
- Squat Jumps
- Jumping Jacks
- Straight Jumps
- Sit ups
- Handstand hold

## TP

- Call out Jumps from Trampoline List, testing memory of skill.