

Warm up - Weeks 9 and 10

Game - Spiders Web

Gymnasts move around in a crab shape in the designated area. Taggers are to stand and join hands together. To tag a crab they must move their arms over the top of the crab. The crab then becomes apart of the tagging team. When the web reaches 4 people, split into two groups. Catchers can move around by walking or jumping.

Alternate activity if you have limited room

Perform the following activities up and down 1 strip of mat

1. 3 laps running	2. 1 lap hopping on each leg, jog back	3. 1 lap rebounds forwards, then rebound backwards, jog back	4. bear walk forwards, then bear walk backwards, jog back
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Joint mobility with quality

Select someone at the end who was trying expeptionally hard at the warm up

Presentation, feet together

Presentation 5 circles at wrists

Presntation 5 circles at elbows

Presentation 5 circles at shoulders

Hands on hips, head up down, head side to side, tilt head side to side

Presentation, twist upper body side to side x 2

Presentation, tilt upper body side to side, to touch knee x 2

Hands on hips, circles with hips x 5

Hands on knees, bend and straighten legs x 5

Presentation, lift 1 leg straight point and flex toe x 5, repeat on other leg x 5 presentation

Strength

Strength

To be done at second rotation

All groups do together at bars

10 x squat needle kicks

5 to 10 chin ups, partner holding legs at Horizontal

10 to 20 sec back support hold

5 to 10 leg raises

10 to 15 sit ups, hands to knees (straight arms)

-tuck to horizontal lower straight

10 to 15 push ups with block of foam

-Straight to horizontal

Bunny tuck leaver hold for 5-10seconds

-Tuck to bar lower straight

Straddle lever 5-10 seconds

-Straight to bar

5 to 10 pulldowns with partner holding elastic

Stretching

10 second count lunge on left leg

10 seconds count straighten left leg chest to knee

10 second count splits on left leg

10 second count lunge on right leg

10 second count straighten right leg chest to knee

10 second count splits on right leg

10 second count froggy splits

10 second count side splits

5 second count bridge with instructor guidance

Line up and ask the gymnasts what they did well or enjoyed today

Girls Club Badges

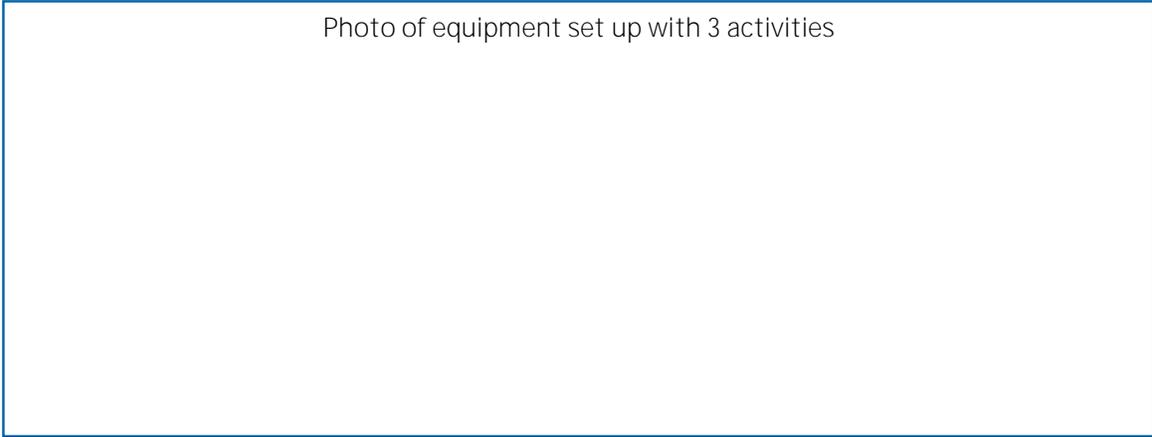


gymsports

LEARN TO GYM

*Badges 9-12
Weeks 9 and
10*

Vault - Weeks 9 and 10



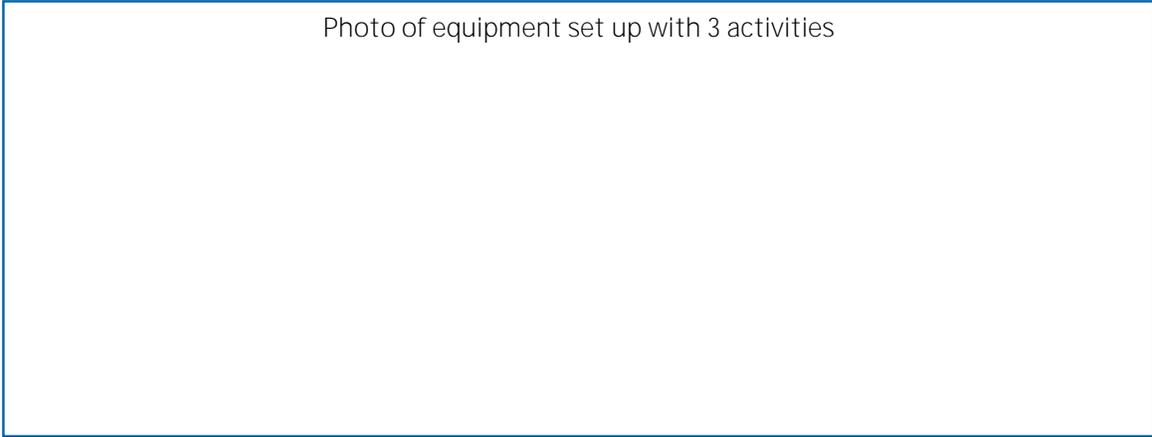
		Skill 1	Skill 2	Skill 3
Badge 9/10		Run board pause frontsault onto 60cm height	Short run, board pause rocket jump onto 60cm height immediate rocket jump off to landing shape	Handstand pop with underarm action on floor
Badge 11/12		Run board pause frontsault to feet onto 60cm height	Short run, board pause rocket jump onto 60cm height to landing shape then backwards tuck jump off the box to landing shape	Handstand hold with partner for 5 seconds, step down to rocket stand for 5 seconds
Extension 1				
Extension 2				
Coaching tips		<p>Fast run, arms down on the board so they can sweep upwards into the frontsault to help with height and rotation</p>	<p>Full extension through legs Pointed toes in jumps Knees to chest during tuck phase</p> 	<p>Open hips (hips on the wall) Ribs in (off the wall) Eyes on hands Balancing fingers</p> 

Vault - Weeks 9 and 10

Photo of equipment set up with 5 activities

	Skill 4	Skill 5	
Badge 9/10	Handstand flat back onto 30cm mat	Handstand shape lying on back for 10 seconds	
Badge 11/12	Handstand pop flat back onto 30cm mat	Handstand shape on stomach for 10 seconds	
Extension 1			
Extension 2			
Coaching tips	Long entry into the handstand	Open hips Ribs in Arm pits pressed into the floor when on stomach Lower back into the floor when on back Wrists flexed 	

Bars - Weeks 9 and 10



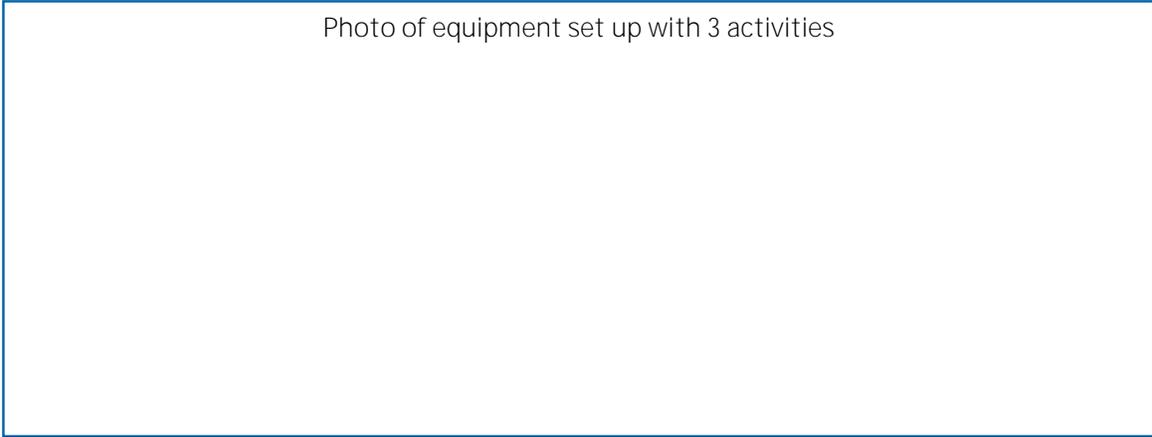
		Skill 1	Skill 2	Skill 3
Badge 9/10		Pull over, 3 shoulder shrugs in support then 3 casts connected	Jump from box, 3 long swings to landing shape on back swing	Standing with hands on a 60cm box jump feet on to straddle stand hold 5 seconds
Badge 11/12		Pull over immediate cast	Jump from box, 5 long swings to landing shape on back swing	Laying on stomach between two boxes, press into dish then arch 5 seconds each
Extension 1		Pull over immediate cast back hip circle		
Extension 2				
Coaching tips	<p>Legs Tension Wrists shift around the bar Finish in a string front support Push down on the bar during cast to get chest in</p> 	<p>Catch the bar in a dish shape Dish shape on front and back swing Arch under the bar Let go at the top of the back swing</p> 	<p>In the straddle stand the gymnast should be pushing tall and have no gaps between her neck and shoulders. Legs will be straight For the dish and arch between the boxes you can use one box and 1 foam roller.</p>	

Bars - Weeks 9 and 10

Photo of equipment set up with 5 activities

		Skill 4	Skill 5	
Badge 9/10	Glide swing	Cast back hip circle with straight arms assisted		
Badge 11/12	Glide swing x 2	Cast back hip circle		
Extension 1	Glide swing x 3			
Extension 2				
Coaching tips	<p>Start with hands on the bar feet on the box in a dish shape Glide should show a full extension to a rocket on the front swing</p> 	<p>Ribs in Wrists shift around the bar Finish in a strong front support</p> 		

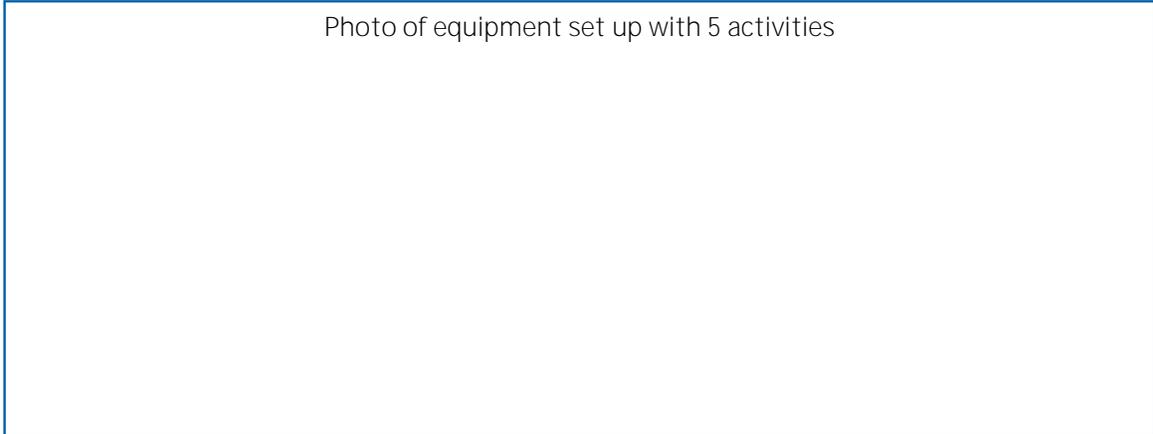
Beam - Weeks 9 and 10



		Skill 1	Skill 2	Skill 3
Badge 9/10		3/4 handstand on low beam	Full level 3 mount (front support mount) then running punch straight jump off the end of the beam	Side passe, forward passe, 3 calf raises step to releve hold 3 seconds then repeat on the other leg
Badge 11/12		Handstand spotted on low beam hold 5 seconds land in snap in position	Full level 3 mount (front support mount) then running punch straight jump off the end of the beam	Side passe, forward passe, calf raise, setp to releve half turn and hold for 3 seconds (WAG level 3 turn)
Extension 1		Handstand on low beam to finish in snap in position	Full level 3 mount (front support mount) then running punch tuck jump off the end of the beam	Passé 1/2 turn steep to releve 1/2 turn then hold releve 3 seconds (WAG level 4 turn)
Extension 2		Handstand on low beam hold at least 2 seconds to finish in snap in position		
Coaching tips	<p>Hands in pistol grip</p> 	<p>Jump to front support with straight arms Lift a straight leg over the beam Hold straddle lever for 3 seconds</p> 	<p>Arms in presentation when the gymnast is in side passe Arms return to soldier during the turn/calf raise</p>	

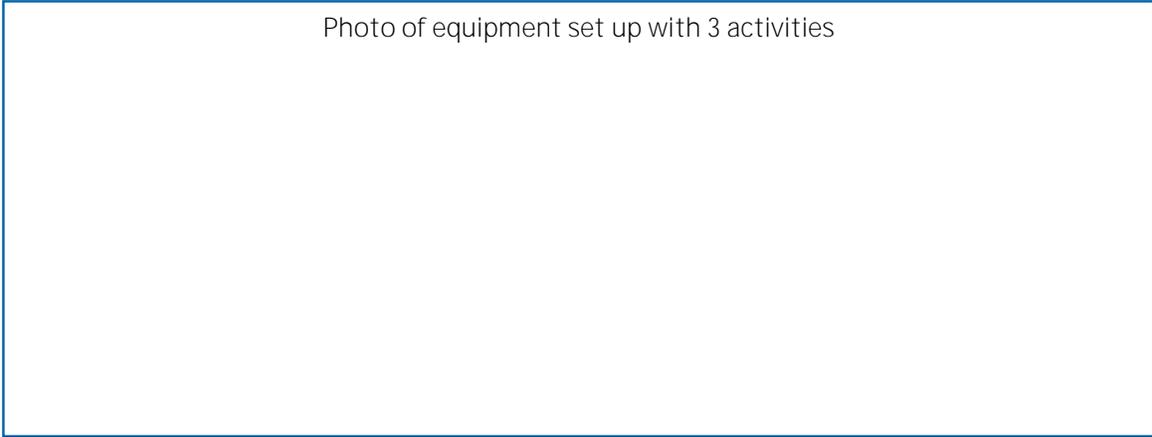
Beam - Weeks 9 and 10

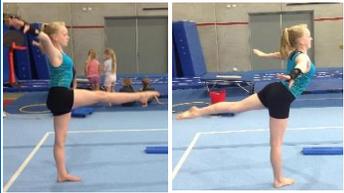
Photo of equipment set up with 5 activities



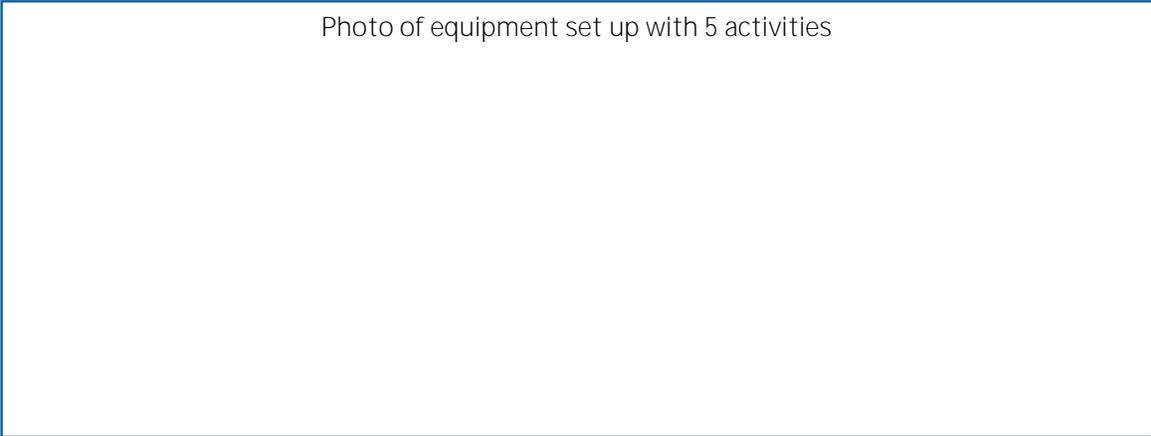
	Skill 4	Skill 5	
Badge 9/10	Straight jump x2 in series	3/4 handstand on high beam to finish in lunge (may have assistance)	
Badge 11/12	Split jump on wide beam	3/4 handstand on high beam to finish in lunge	
Extension 1			
Extension 2			
Coaching tips	<p>Full extension through legs Leg tension Arms circle behind when connecting jumps</p>	<p>Hands in pistol grip Leg tension</p> 	

Floor Dance- Weeks 9 and 10



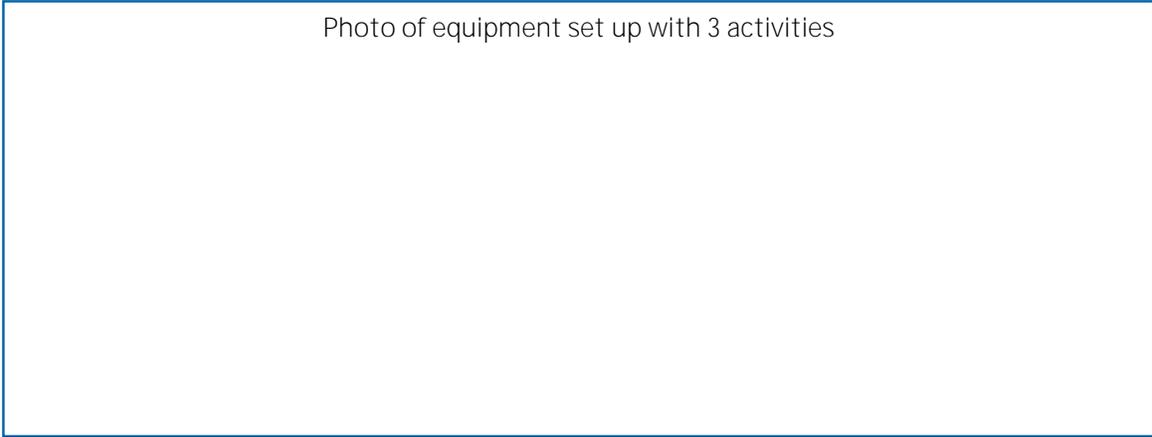
		Skill 1	Skill 2	Skill 3
Badge 9/10		<p>Passe 1/2 turn on one foot, step to releve 1/2 turn on 2 feet</p>	<p>Step hop with leg at horizontal hold for 3 seconds. Repeat on the other leg</p>	<p>Leap lead up drill on preferred leg on beam</p>
Badge 11/12		<p>Passe full turn on one foot to finish in presentation with toe pointed behind</p>	<p>Straight jump split jump in series (135°)</p>	<p>Straight jump split jump series on beam</p>
Extension 1			<p>Straight jump, split jump in series (split 180°)</p>	
Extension 2				
Coaching tips	<p>Turn with arms in soldier Finish in presentation with one foot pointed behind</p> 	<p>Full extension through legs Arms in presentation while splitting in the air</p> 	<p>Arms in presentation Leg tension</p> 	

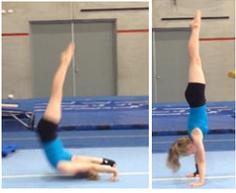
Floor Dance - Weeks 9 and 10



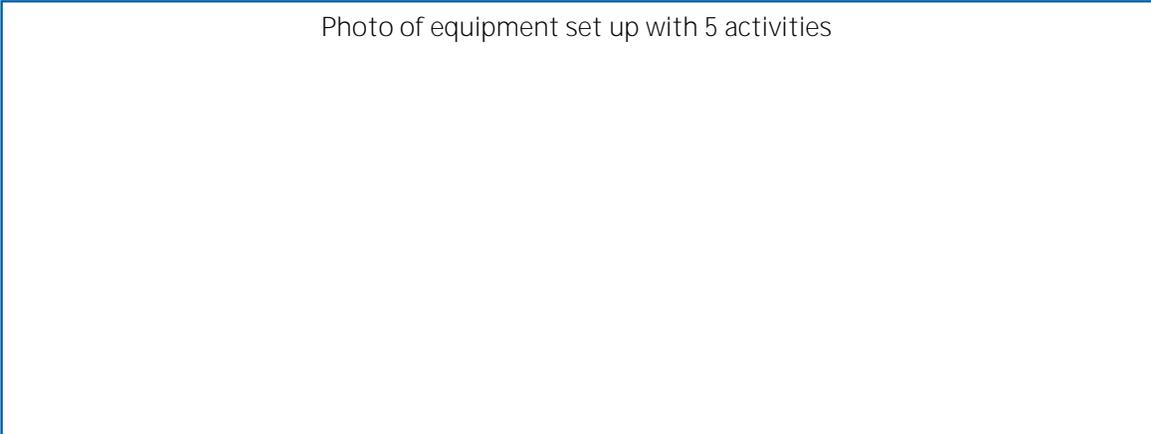
		Skill 4	Skill 5		
Badge 9/10	Split leap to 135' minimum to finish in presentation with toe pointed behind		Splits on both legs for 5 seconds each		
Badge 11/12	Split leap to 135' minimum to finish in presentation with toe pointed behind		Splits on both legs for 5 seconds each		
Extension 1	Split leap to 180' minimum to finish in presentation with toe pointed behind		Splits with one foot on a small height if flat on the floor		
Extension 2					
Coaching tips	<p>Arms in presentation throughout Leg tension</p> 		<p>If flat, arms in presentation</p> 		

Floor Acro - Weeks 9 and 10



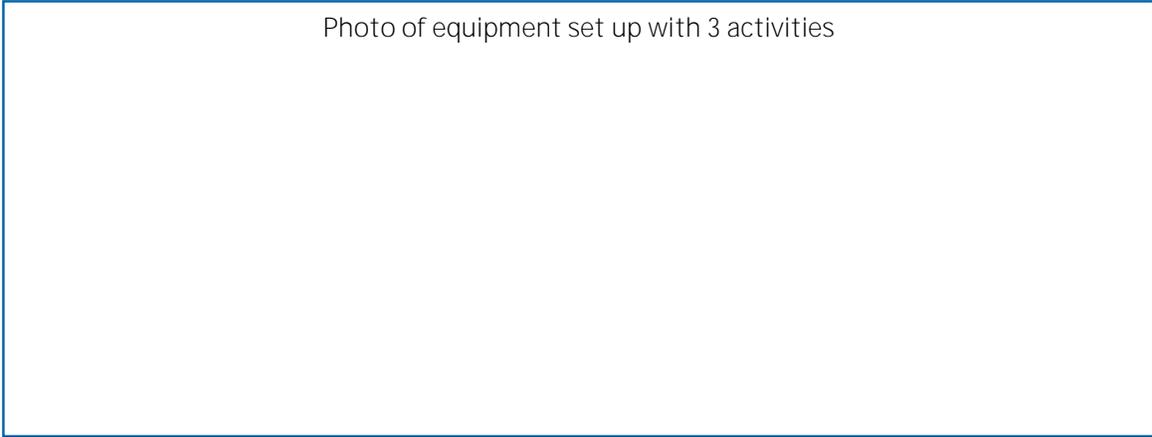
		Skill 1	Skill 2	Skill 3
Badge 9/10		Bridge kick over from 30cm box	Cartwheel, cartwheel connected to finish in snap in	Handstand forward roll with straight arms through a candlestick position to finish in tuck spotted
Badge 11/12		Bridge kick over on floor (can have assistance)	Hurdle round off rebound to landing shape	Handstand forward roll on floor with straight arms
Extension 1				
Extension 2				
Coaching tips	<p>Leg tension Should show a split handstand in the middle Finish in a lunge</p> 	<p>Arms by ears T hand position Powerful heel drive Connection in the middle (shown below)</p> 	<p>Elbows should be straight throughout Leg tension Gymnasts should show a handstand position before rolling</p> 	

Floor Acro - Weeks 9 and 10



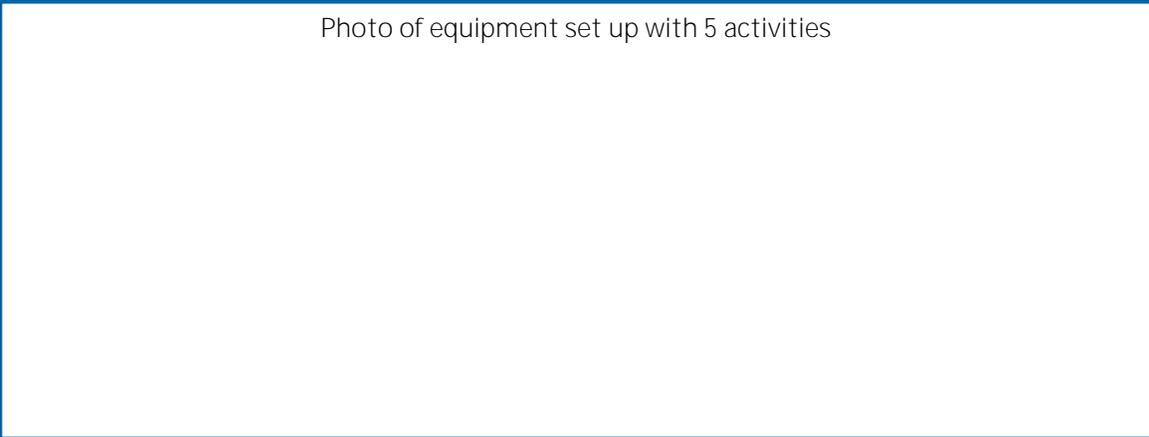
		Skill 4	Skill 5		
Badge 9/10	Starting on wedge, perform 2 connected backward rolls to finish in squat		Handstand stomach in against wall for 10 seconds		
Badge 11/12	2 backward rolls connected on floor to finish in squat		Handstand stomach in against wall for 10 seconds		
Extension 1			Handstand balancing on floor		
Extension 2					
Coaching tips	Elbows should be straight throughout the entire roll	Ribs in Hips open Balancing fingers Eyes on hands			

Airtrack(Clarence only) - Weeks 9 and 10



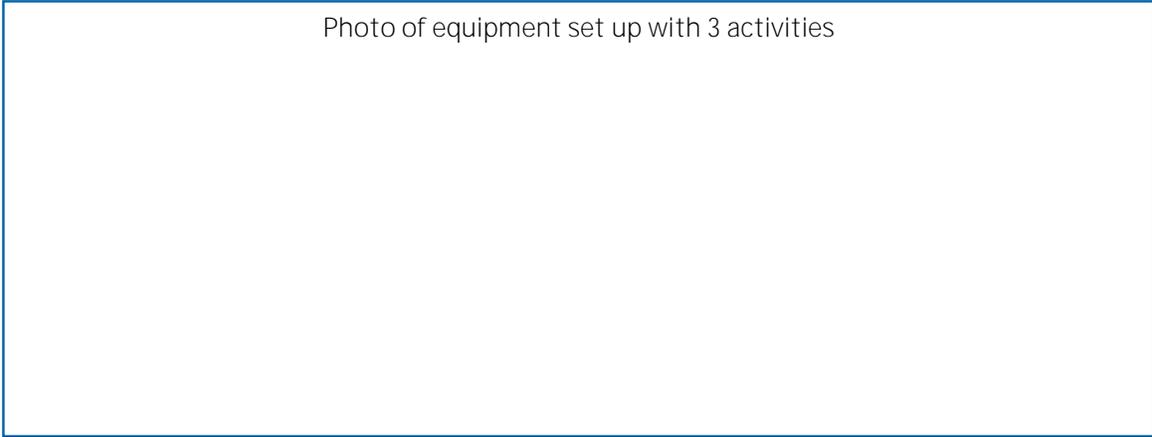
	Sweet spot	Airtrack	Airtrack
Badge 9/10	Jump 1/2 turn	Jump to back drop shape onto a pyramid block	Front sault onto 60cm height
Badge 11/12	Jump 1/1 turn	Jump to back drop shape onto a pyramid block	Front sault to feet onto 60cm or 30cm mat (can be assisted)
Extension 1	Jump 1.5/1 turn	Half turn to back drop shape on pyramid block	
Extension 2	Jump 2/1 turn		
Coaching tips	Full extension through legs and correct arm action (the same as a rocket jump)	Legs and hands pointing slightly away from the body	Take off tall in a rocket Line out to landing shape

Airtrack (Clarence only) - Weeks 9 and 10



		Airtrack	Crash mat		
Badge 9/10		Hurdle handspring with a spot (Hands land on the airtrack feet land on the mat)	Jump to front drop shape onto mat		
Badge 11/12		Hurdle handspring (Hands land on the airtrack and feet land on the crash mat)	Jump half turn to front srop shape onto mat		
Extension 1					
Extension 2					
Coaching tips		<p>Long entry Strong heel drive Arms by ears the whole time Open shoulders Eyes on hands Leg tension</p> 	<p>Body should land simultaneously with hands in a diamond shape, elbows bent and chest/head up.</p> 		

Tramp - Weeks 9 and 10



	Tumble tramp/ma	Tramp	Tramp to mat
Badge 9/10	Hurdle handspring to land on mat in the pit fall to stomach assisted	Back drop to stand front drop to stand (may have tramp mat)	Front sault onto 60cm height
Badge 11/12	Hurdle handspring to land on mat in the pit fall to stomach	Front drop to stand, back drop to stand	Front sault to feet onto 60cm or 30cm mat (can be assisted)
Extension 1		Back drop through to front drop (miss feet)	
Extension 2			
Coaching tips	Take off in a tall rocket Line out to landing shape	Straight legs throughout In front drop arms must be out in front with hands in a diamond shape In back drop head must look towards feet and not hit the trampoline	Take off up tall in a rocket Line out to landing shape

Tramp Weeks 9 and 10

Photo of equipment set up with 5 activities

		Tumble tramp	Floor	
Badge 9/10	Hurdle handspring assisted on TT		Jump 1/2 turn	
Badge 11/12	Hurdle handspring on TT		Jump 1/1 turn	
Extension 1			Jump 1.5/1 turn	
Extension 2			Jump 2/1 turn	
Coaching tips	<p>Long entry Strong heel drive Arms by ears the whole time Open shoulders Eyes on hands Leg tension</p> 		Full extension through legs and correct arm action (the same as a rocket jump)	