

Air Track - Weeks 1 and 2

Air Track 1			
		60cm box	
Badge 1/2	Cartwheel along line	Straight jump forward from 60 cm height to landing shape on track	Backward roll down wedge, start from a seated position
Badge 3/4	Cartwheel, snap down to finish chest facing line.	Straight jump backward from 60cm height to landing shape on track	Backward roll on track
Ext. 1	Roundoff	Straight jump facing backwards from 60cm height, 1/2 turn to landing shape on track	Backward roll to front support
Ext. 2		Straight jump facing backwards from 60cm height, 1/2 turn to hurdle static shape	
Coaching tips	Cartwheel should start with chest facing forwards, ensure lead leg and lead hand are the same. Push hardest off first hand and initiate cartwheel rotation from back leg kicking towards the roof.	Ensure knees bend to absorb landing	Ensure gymnasts are using BOTH hand when rolling over head. Chin stays on chest during entire exercise.

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Air Track 2

	pike Jump Step out Roundoff	White line	Into pit onto firm mat
Badge 1/2	Tuck jump to step landing with arms at 90 degrees to shoulders	Step to Cartwheel finish in star	Jump to back landing with tuck position
Badge 3/4	Tuck Jump step out Cartwheel	Standing power hurdle to roundoff	Roundoff bounce to back landing
Ext. 1	Tuck Jump Step out Roundoff	Standing power hurdle to roundoff with rebound bounce	Spotted standing back tuck to pit
Ext. 2	Pike Jump Step out Roundoff	Standing power hurdle to rebound half twist bounce	spotted standing back tuck to landing surface
Coaching tips	Make sure that step out leg is the same as the leading leg for power hurdle. Arms should always be at 90 degrees to body when doing step landing position.	Ensure that gymnast is pushing primarily from their leading hand for cartwheel/roundoff. Finish position for Roundoff should be a upright closed dish position with arms tight to side.	Try to minimise push with bent knees, push should come primarily from hips and arms driving up aggressively from closed dish position. Avoid any arch positions

Pit Tramp - Week 1

	Trampoline	Into Pit off Tramp	Into Pit off Side
	Throwing mat on trampoline		End of pit
Badge 1/2	Front landing on mat	Forward roll from trampoline to pit, hands on blue safety matting	Long backwards jump to back landing with arms extended
Badge 3/4	Half twist to back landing on mat	Dive roll from trampoline to pit	Long backwards jump to back landing with arm snap
Ext. 1	3/4 front tuck to mat	Front tuck from trampoline to pit	Spotted standing whip
Ext. 2	frontsault to mat	Front Pike from trampoline to pit	
Coaching tips	Ensure straight body position on front landing not arched. Make sure athletes doing half twist to back landing are aware that the skill initiates the same way as a front landing, the twist must happen just before landing	Encourage hands on blue during bounces for activity #1, body to be small in the air. Dive roll should have no hand contact with the trampoline or trampoline mats. This activity is meant to increase confidence with going into pit	Arms should start at side and swing up to cause rotation and length. Arched back is encourage in take off phase but should be rounded for landing. Arms to snap back in to side before landing for activity #2.

Pit Tramp - Week 1

	Floor	Floor	
	Floor space at back of trampoline	30cm soft box	
Badge 1/2	5 x tuck rock to candle, rock to stand with out using hands	Narrow arm pushups from knees, hands on box x10	
Badge 3/4	5 x tuck rock to candle, rock to stand with out using hands and a bean bag between feet	Narrow arm push ups from feet, hands on box x10	
Ext. 1		Narrow arm pushups from feet x5	
Ext. 2		Narrow arm pushups with feet on box x5	
Coaching tips	faster rock back towards feet will help in this activity	Ensure elbows are as close to ribs as possible. Make sure there is a straight body shape and chest goes all the way to the floor/box for each push up.	

Floor - Week 2

	Floor	Floor	Floor
	Triangle	50cm safety mat	Safety mat
Badge 1/2	From seated, backward roll down wedge to finish standing	Jump to back landing with Tuck position	Spotted jump to back landing, move athlete to handstand position
Badge 3/4	From standing in front of triangle, backward roll down wedge to standing	Jump to back landing with Tuck position	Spotted jump to back landing, move athlete to handstand position, pike down to feet
Ext. 1	From squat on floor backward roll along a line to finish standing	With wedge on top of mat, jump to candle position, backward roll	Spotted Flic
Ext. 2	From standing, backward roll along a line to finish standing		
Coaching tips	Ensure athletes are using both hands, do not progress to floor if both hands are not touching in the backward roll	arms should start at hips and swing upwards into jump	Thumbs should point towards each other in handstand position, straight knee take off for flic.

Floor - Week 2

	Floor	2 velcro lines	
	Box against wall	2 velcro lines 2 metres apart	
Badge 1/2	Handstand hold for 5 seconds stomach facing wall	Jump from 1 line to show step landing position, lead foot at second velcro line	
Badge 3/4	Handstand hold for 5 seconds back facing wall	Jump from 1 line to show step landing position, lead foot at second velcro line, cartwheel	
Ext. 1	Free handstand hold 5 seconds	Jump from 1 line to show step landing position, lead foot at second velcro, Roundoff	
Ext. 2			
Coaching tips	Watch for arch in the back, shoulders should stay rounded. Hands at 45 degrees facing inwards	Encourage a long jump, make sure the velcro distance is challenging, feel free to move this longer if need be. Arms should be at 90 degrees on landing	