

## Air Track - Weeks 3 and 4

Air Track 1			
	On White Line	On White Line	30cm Crash Mat
Badge 1/2	Power hurdle from standing to Cartwheel finishing on line	5 second bridge hold from lying down	Roundoff, stop, jump to back landing in dish position
Badge 3/4	Power hurdle from standing to Roundoff finishing on line	5 second bridge hold starting from standing	Roundoff, jump to back landing in dish position
Ext. 1	3 steps power hurdle to Roundoff finishing on line	5 second bridge hold starting from standing, stand up to feet from bridge	Roundoff, stop, jump to spotted back landing in arch, then continue flic through handstand position
Ext. 2			
Coaching tips	Encourage arms swing from behind body into power hurdle, push for Cartwheel/Roundoff needs to come primarily from lead hand	Bridge should encourage straight legs and large shoulder flex. Athletes may require a spot for the first attempts from standing.	Focus on arm position on back landing, arms should be stretched behind ears to ensure a good arm swing is present in Flic take off

## Air Track - Weeks 3 and 4

Air Track 2			
	30cm Box on White line	Crash mat	Landing Mat on top of Foam
Badge 1/2	3/4 handstand on box, snap down to rebound bounce	Roundoff to stomach on crash mat	Spotted jump to back landing, transfer to Handstand, pike down to feet from handstand
Badge 3/4	Full handstand on box, snap down to rebound bounce	Roundoff to stomach on crash mat	Spotted backwards jump to handstand, pike down to feet
Ext. 1	Full handstand on box, snap down to rebound bounce to back landing	Roundoff to knees on crash mat	Spotted Flic
Ext. 2		roundoff to feet on crash mat	
Coaching tips	Arms need to be at 90 degrees to shoulders on snap down landing. Ensure there is no knee bend for rebound bounce, bounce needs to come from hips and toes	Encourage landing in a slight dish with arms pointing back down the white line. You can spot this by catching their stomach and guiding down to the mat if athlete is struggling	Focus on correct technique. Arms should start below 90 degrees, stretch through back landing position above head, fast pike from handstand position, arms to finish at 90 degrees to shoulders.

## Pit Tramp - Week 3

	Trampoline	Into Pit off Tramp	Into Pit off Side
	Throwing mat on trampoline		30cm box on side
Badge 1/2	Back drop on mat	Forward roll from trampoline to pit, hands on blue safety matting	Backward roll from box into pit
Badge 3/4	Back drop, Back pullover	Dive roll from trampoline to pit	Spotted backsault tuck
Ext. 1	Spotted Back tuck	Front tuck from trampoline to pit	Backsault tuck
Ext. 2		Front Pike from trampoline to pit	
Coaching tips	Back landing should have 90 degree angle at shoulders and hips, this means both are pointing towards roof. Back pullover can be taught as a backwards roll from a bounce to begin with, taking away hands as they get better	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	This is better at end of pit not side. Focus on good position, tight tuck head in will assist in getting over easily. Backward roll may require a spot for some.

# Pit Tramp - Week 3

	Floor	Floor	
	Floor space at back of trampoline	climbing rope	
Badge 1/2	Straight arm slow controlled lifts of 3KG weight from soldier to above head X5	1/4 rope climb	
Badge 3/4	Straight arm slow controlled lifts of 3KG weight from soldier to above head X5	1/2 rope climb	
Ext. 1	Increase to X10	full rope climb	
Ext. 2	Increase to X10 4KG	1/4 rope climb with no feet	
Coaching tips	Straight arms will ensure working the muscles we want, Triceps and shoulder extension is the desired target muscle.		

## Floor - Week 4

	Floor	Floor	Floor
	30cm box	30cm Safety mat	Wedge
Badge 1/2	Spotted jump to back landing, move athlete to handstand position	Handstand fall to flat back	Backward roll to standing on wedge
Badge 3/4	Spotted jump to back landing, move athlete to handstand position, pike down to feet	Handstand pop to flat back	Backward roll to standing on floor
Ext. 1	Spotted Flic	Roundoff pop to stomach landing	Backward roll to Front support
Ext. 2			Backward roll to Handstand
Coaching tips	Thumbs should point towards each other in handstand position, straight knee take off for flic.	Encourage arms to finish by side for flat back landing position. Handstand should only be held for 1 second max.	Try to focus on use of arms. Faster roll will assist with less burden on arms

# Floor - Week 4

	Floor	2 velcro lines	
	Safety Mat	2 velcro lines 2 metres apart	
Badge 1/2	Jump to back with arm swing	Jump from 1 line to show step landing position, lead foot at second velcro line	
Badge 3/4	Jump to back throw foam behind head	Jump from 1 line to show step landing position, lead foot at second velcro line, cartwheel	
Ext. 1	Jump to back throw foam behind head, snap arms to side before landing	Jump from 1 line to show step landing position, lead foot at second velcro. Roundoff	
Ext. 2			
Coaching tips	This drill mimics whip and flic take off. Arms should start low and swing fast. Foam throw should be long.	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	