

Air Track - Weeks 5 and 6

| Air Track 1 | | | |
|---------------|---|--|---|
| | 30cm box | On white line | 30cm Crash Mat |
| Badge 1/2 | Jump from box to show step landing position | Roundoff to soldier position hold for 3 seconds | Jump to back landing with arm swing |
| Badge 3/4 | Jump from box to show step landing position, Cartwheel | Roundoff to soldier position rebound bounce | Jump to back landing holding foam, throw foam behind |
| Ext. 1 | Jump from box to show step landing position, Roundoff | Roundoff to soldier position rebound bounce with arm swing upwards | Jump to back landing holding foam, throw foam behind, snap arms to side for landing |
| Ext. 2 | Tuck Jump from box to step landing, Roundoff | | |
| Coaching tips | Ensure lead leg for step landing is the same lead leg as Cartwheel/Roundoff. Start slow to ensure correct arm and leg position, this activity should only be done quickly once this has been achieved | Arms should stay slightly in front of body as close to hips as possible, try to encourage as little knee bend as possible, some is required for the 3 second hold activity however | Arms start in front of hips, arms need to stretch all the way behind head on take off, foam throw should be long and low. |

Air Track - Weeks 5 and 6

| Air Track 2 | | | |
|---------------|--|--|--|
| | On White Line | on soft mat | Safety mat in Foam Pit |
| Badge 1/2 | From standing, 1/2 twist to step landing | From seated position, arms on floor by hips, fall to back, snap arms onto mat overhead x3 | Jump to catch in back landing in dish position, arms to chest |
| Badge 3/4 | From standing, 1/2 twist to step landing, Cartwheel | V-shape with arms by hips, snap open to finish arms pointing at roof, hips raised off floor x3 | Jump to catch in back landing in dish position, arms to chest. Spin athlete over to finish whip |
| Ext. 1 | From standing, 1/2 twist to step landing, Roundoff | | Spotted standing Backsault in closed dish position arms to chest |
| Ext. 2 | | | |
| Coaching tips | Ensure lead leg on step landing is the same as lead leg for Roundoff/Cartwheel take off. 1/2 twist should be long and low to encourage building momentum | This is to teach whip arm movement. Start teaching slow, then encourage them to go as fast as possible without changing the movement at all. | These are whip progressions and should encourage length rather than height. Body can be arched during take off phase but after this should show a tight dish position with arms to chest |

Pit Tramp - Week 5

| | Trampoline | Into Pit off Tramp | Into Pit off Side |
|---------------|--|--|--|
| | Throwing mat on trampoline | | |
| Badge 1/2 | Front landing on mat | Forward roll from trampoline to pit, hands on blue safety matting | Half twist jump with arms to chest |
| Badge 3/4 | Half twist to back landing on mat | Dive roll from trampoline to pit | Full twist jump with arms to chest |
| Ext. 1 | 3/4 front tuck to mat | Front tuck from trampoline to pit | 1 and 1/2 twist jump with arms to chest |
| 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 | focus on correct arm placement for fast twisting sault. Arms should start between 90 and 180 degrees and pull fast to chest. |

Pit Tramp - Week 5

| | Floor | Floor | |
|---------------|--|---|--|
| | Floor space at back of trampoline | Floor space at back of trampoline | |
| Badge 1/2 | Lying with feet facing trampoline, throw foam from hips into wall with straight arms x2 | 10 jumps while holding 2x1kg dumbbells at side | |
| Badge 3/4 | Lying with feet facing trampoline, throw foam from hips into wall with straight arms x2 | 10 jumps while holding 2x1kg dumbbells overhead | |
| Ext. 1 | Tie a throw mat to the cage, and get them to repeat with 1KG med ball | Increase weight | |
| Ext. 2 | 2kg Med ball | | |
| Coaching tips | Straight arms is important, throw needs to come from fast shoulder extension, not from wrists or elbows. make sure they are 1-2M from the wall to challenge them to throw the foam long. | Jumps should come primarily from toes not knees. Ensure straight arms during landing phase of overhead jumps. | |

| Floor - Week 6 | | | |
|----------------|---|--|--|
| | Floor | Floor | Floor |
| | 2 upright shapes | Velcro line & stop sign | Safety mat |
| Badge 1/2 | Step cartwheel between two upright shapes ~30cm apart | Standing hurdle from velcro line, Cartwheel snap down, feet to finish in stop sign | Spotted jump to back landing, move athlete to handstand position |
| Badge 3/4 | Step roundoff between two upright boxes ~ 30cm apart | Standing hurdle from velcro line, Roundoff, feet to finish in stop sign | Spotted jump to back landing, move athlete to handstand position, pike down to feet |
| Ext. 1 | Standing hurdle cartwheel between two upright shapes ~30cm apart | Standing hurdle from velcro line, Roundoff, feet to finish in stop sign, half turn step out landing. | Spotted Flic |
| Ext. 2 | Standing hurdle roundoff between two upright shapes ~30cm apart | | |
| Coaching tips | Narrow hand position, legs should be straight and ensure that back leg is moving quickly to give power into takeoff | place stop sign a relatively challenging distance away to promote a long hurdle. Don't be too strict on staying in stop sign, rather first contact inside the stop sign | Thumbs should point towards each other in handstand position, straight knee take off for flic. |

Floor - Week 6

| | Floor | Floor | |
|---------------|---|---|--|
| | Box against wall | 30cm box | |
| Badge 1/2 | Handstand hold for 5 seconds stomach facing wall | Tuck jump to step landing, cartwheel | |
| Badge 3/4 | Handstand hold for 5 seconds back facing wall | Pike jump to step landing, cartwheel | |
| Ext. 1 | Free handstand hold 5 seconds | Tuck jump to step landing, Roundoff | |
| Ext. 2 | | Pike jump to step landing, Roundoff | |
| Coaching tips | Watch for arch in the back, shoulders should stay rounded. Hands at 45 degrees facing inwards | Ensure lead leg for step landing is same lead leg as cartwheel/roundoff take off. Can use velcro feet to help this process. | |