

Air Track - Weeks 7 and 8

Air Track 1			
	Air Cylinder/Pac man	On white line	30cm Crash Mat
Badge 1/2	Lying on back roll to handstand, snap down to feet	Power hurdle cartwheel	Jump to back landing with arm swing
Badge 3/4	Starting from feet, Jump to back, roll to handstand, snap down to feet	Power hurdle roundoff	Jump to back landing holding foam, throw foam behind
Ext. 1	Spotted slow flic with a stop in handstand	Power hurdle roundoff, rebound bounce	Jump to back landing holding foam, throw foam behind, snap arms to side for landing
Ext. 2	Spotted flic		A9:DIC9:D11
Coaching tips	emphasise arch in back, squeezed glutes while lying on back. Thumbs pointing towards each other on handstand contact. Finishing in upright closed dish position on feet	Check which leg has to lead for roundoff before asking for hurdle. Long low jump with arms stretch in front of body for landing	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.

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Air Track 2			
	2x 30cm crash mat stacked on top of each other	Spotting box	Safety mat in Foam Pit
Badge 1/2	Jump to tucked back landing on mats	Lie with hips on spotting box, reach arms backwards to floor, spotted flic over to feet	Jump to catch in back landing in dish position, arms to chest
Badge 3/4	Roundoff, Stop, Jump to tucked back landing on mats	As above with no spot	Jump to catch in back landing in dish position, arms to chest. Spin athlete over to finish whip
Ext. 1	Roundoff, Jump to tucked back landing on mats	Spotted Flic from standing	Spotted standing Backsault in closed dish position arms to chest
Ext. 2			
Coaching tips	round back for landing. Arms swing upwards from closed dish position to create extra momentum	Go slow, encourage correct hand position and a closed dish finish. Not a huge issue if legs separate in this as it will be difficult with legs together. Try to let athlete get comfortable being upside down on hands	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 7

	Trampoline	Into Pit off Tramp	Into Pit off Side
	Throwing mat on trampoline		30cm box on side
Badge 1/2	Back drop on mat	From blue safety matting, Jump to back landing with stretch & snap	Backward roll from box into pit
Badge 3/4	Back drop, Back pullover	From trampoline 1 boucne jump to back landing with stretch & snap	Spotted backsault tuck
Ext. 1	Spotted Back tuck	From blue safety matting, spotted flic with stretch & snap	Backsault tuck
Ext. 2			
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	Arms should start at thumbs on thighs and stretch quickly above head before snapping to side for landing.	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 7

	Floor	Floor	
	Floor space at back of trampoline	Floor space at back of trampoline	
Badge 1/2	Place foam block on floor. 5x squats to touch bottom on foam block.	5x Narrow arm pushups from knees	
Badge 3/4	Place foam block on floor. 5x squats to touch bottom on foam block.	5x Narrow arm pushups from feet	
Ext. 1	Holding 1KG med ball	5x with feet on 30cm block	
Ext. 2	Holding 2Kg med ball		
Coaching tips	encourage them to look at the same spot during whole exercise, heels must stay on the floor.	Elbows must stay close to side during this exercise. Don't progress to feet unless they can do perfectly	

<i>Floor - Week 8</i>			
	Floor	Floor	Floor
	30cm crash mat	60cm box	Safety mat
Badge 1/2	Handstand fall to back	Lying with hips on box, reach arms to floor, back walkover to feet	Spotted jump to back landing, move athlete to handstand position
Badge 3/4	Handstand snap to flat back	Lying with hips on box, reach arms to floor, pike down (feet together) to feet	Spotted jump to back landing, move athlete to handstand position, pike down to feet
Ext. 1	hurdle to handstand snap to flat back	Lying with hips on box, reach arms to floor, pike down to feet, fall to back landing in closed dish	Spotted Flic
Ext. 2			
Coaching tips	Round shoulders during activity. Encourage a strong kick from 1 leg and other leg will need to catch up and meet in handstand	Minimal spotting for this, allow athletes to self-teach a little here, use small mats to help athlete feel safe	Thumbs should point towards each other in handstand position, straight knee take off for flic.

Floor - Week 8

	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.	