

Air Track - Weeks 9 and 10

Air Track 1			
	On White Line + 50cm safety mat	30 cm crash mat	Start of air track
Badge 1/2	Hurdle Roundoff	Jump to back landing with arm snap from soldier to arch	Tuck Jump to step position landing
Badge 3/4	Hurdle Roundoff bounce to back landing on 50cm safety mat	Jump to back landing holding foam, start holding foam in front of hips, throw foam behind during jump, arms to finish in the same spot as starting position	Tuck Jump, step out, Roundoff
Ext. 1	Roundoff, stop, Flic with spot	Roundoff, Backsault Pike spotted. Arms to chest	Frontsault Tuck from a run up
Ext. 2	Roundoff, Flic with spot		Frontsault Tuck to step landing
Coaching tips	Fast long hurdle with arms at 90 degrees to start Roundoff. Roundoff should finish in a soldier position with feet slightly in front of body and hips bent slightly	Jump to back landing should show whip arm progressions, this means arms should move from hip position quickly to rocket shape then return to hips for landing. Body should be straight	Ensure lead leg for step landing is the same lead leg as in roundoff and cartwheel.

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Air Track 2			
	Middle of air track on 30cm safety mat	small crash mat	End of air track
Badge 1/2	Gainer jump to back landing from standing	Spotted flic to handstand, pike down to feet	Jump to back landing in tuck position
Badge 3/4	Jump to back landing with straight body from air track	Spotted flic from standing	Roundoff jump to back landing in tuck position
Ext. 1	Roundoff Jump to back landing straight body position	roundoff, stop, spotted flic	Spotted Flic, jump to back landing in tuck position
Ext. 2		Roundoff, Spotted flic	
Coaching tips	This activity is meant to mimic a back layout take off. Emphasise fast hip drive and straight body position	Encourage big arch and hip drive on take off, then closed dish position after hands touch in handstand.	Tight tuck position is key here. Ensure that head is in a neutral position and shoulders are rounded to make tight tuck position easier to achieve

Pit Tramp - Week 9

	Trampoline	Into Pit off Tramp	Into Pit off Side
	Throwing mat on trampoline	safety mat in pit	30cm box on side
Badge 1/2	Jump to catch in back landing position	From blue safety matting, Jump to back landing with stretch & snap	Backward roll from box into pit
Badge 3/4	Jump to catch in back landing position, roll to handstand and snap down to feet	From trampoline 1 boucne jump to back landing with stretch & snap	Spotted backsault tuck
Ext. 1	Spotted flic	Spotted whip	Backsault tuck
Ext. 2			
Coaching tips	Encourage an arch during back landing position and looking for mat. Thumbs point together in handstand position. Finish in upright closed dish position on feet	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 9

	Floor	Floor	
	Floor space at back of trampoline	Floor space at back of trampoline	
Badge 1/2	5x arm raises from soldier to rocket with straight arms - 1kg med ball	20 seconds front support hold on hands with feet on 1/2 fit ball	
Badge 3/4	5x arm raises from soldier to rocket with straight arms - 2kg med ball	20 seconds front support hold on elbows with feet on 1/2 fit ball	
Ext. 1	5x arm raises from soldier to rocket with straight arms - 3kg med ball	20 seconds front support hold with hands on large medicine ball & feet on 1/2 fit ball	
Ext. 2	5x arm raises from soldier to rocket with straight arms - 4kg med ball		
Coaching tips	Ensure arms are straight and back doesn't arch too much during this exercise	Watch for arch back or bum too high. Should be a straight line from shoulders to feet.	

Floor - Week 10

	Floor	Floor	Floor
	Floor space	50-60cm Safety mat	Safety mat
Badge 1/2	Backward Roll	Jump to back landing with tuck position	Spotted jump to back landing, move athlete to handstand position
Badge 3/4	Backward Roll stand up	Jump to back landing with pike position	Spotted jump to back landing, move athlete to handstand position, pike down to feet
Ext. 1	Backward Roll to front support	Jump to back landing in Layout position	Spotted Flic
Ext. 2	Backward roll to Handstand snap down		
Coaching tips	Watch for rolling over shoulder, Both hands need to be used during backward roll.	arms should start from side and swing upwards into the jump. Shoulders should stay rounded instead of arched, even in layout jump.	Thumbs should point towards each other in handstand position, straight knee take off for flic.

Floor - Week 10

	Floor	2 velcro lines	
	Floor space	2 velcro lines -50cm apart	
Badge 1/2	3/4 Handstand	Standing power hurdle to step landing	
Badge 3/4	Handstand hold for 1 second	Standing power hurdle to step landing, Cartwheel	
Ext. 1	Handstand hold for 3 seconds	Standing power huyrdle to step landing, Roundoff	
Ext. 2			
Coaching tips	Feet must be together at the apex of 3/4 and full handstand. Watch for arched back, shoulders and back should stay rounded	Front leg should be in front of the furthest velcro line, arms between 180 & 90 degrees to shoulders.	