

Air Track - Weeks 1 and 2

Air Track 1			
	On white line	On white line	safety mat
Badge 5/6	Standing hurdle roundoff to finish thumbs on thighs	Roundoff rebound half twist to step landing	Spotted flic
Badge 7/8	Standing Half twist to step landing, roundoff, finish thumbs on thighs	Roundoff rebound half twist, cartwheel	Flic
Ext. 1	Standing half twist, roundoff, half twist to step landing	Roundoff rebound half twist, roundoff.	Roundoff Flic
Ext. 2			
Coaching tips	Hurdle and half twist should be long and low, ensure half twist is going the same way as roundoff. Left leg lead for roundoff requires a Left twist & vice versa. Lots of emphasis on thumbs to thighs finish position.	Arms should finish low from roundoff into half twist, high arms will cause the athlete to fall over in their half twist. Ensure half twist goes same way as roundoff. Left leg lead for roundoff requires a Left twist & vice versa	Focus on take off position from arms side and watch for hands facing inwards on first contact rather than away from each other. Encourage from handstand position a fast hip bend until first contact of the feet

Air Track - Weeks 1 and 2

Air Track 2			
	30cm safety mat	30cm box	
Badge 5/6	Handstand to flat back snap arms to side	Tuck jump, pause in step landing position, Roundoff	Spotted standing back pike with arms to chest
Badge 7/8	Roundoff to angry cat landing position	Tuck jump step out roundoff	Standing back pike with arms to chest
Ext. 1	Roundoff with feet on 30cm mat	Pike jump step out roundoff	Spotted standing whip
Ext. 2			
Coaching tips	Focus on pushing with shoulders for these activity not elbows. Arm snap from first contact should be as fast as possible	Longer jump will allow for easier transition into roundoff. Arms should be in front of body during landing phase.	Arms need to start by side, focus on pushing muscle to be hips and toes instead of knees. Activities can be progressed to a safety mat in pit if they are going well on foam landing.

Pit Tramp - Week 1

	Trampoline	Into Pit	Into Pit off Side
	On Trampoline	Into pit from the end of the trampoline	From edge of pit on 30cm height
Badge 5/6	2 bounces spotted backsault tuck on trampoline	3 bounces frontsault tuck into pit from trampoline	Spotted standing backsault tuck into pit
Badge 7/8	2 bounces backsault tuck on trampoline	3 bounces baranit tuck into pit from trampoline	Spotted standing backsault tuck into pit
Ext. 1	1 bounce backsault tuck on trampoline	2 bounces barani tuck into pit from trampoline	Standing backsault tuck into pit
Ext. 2	standing backsault tuck on trampoline	2 bounces barani tuck landing on trampoline	
Coaching tips	Focus on shape and toe/hip drive into take off. Ensure shoulders stay rounded during take off phase to assist with easy transition into tuck position	Arms to start above shoulder height in a straight position. Fast tuck with a look at the end of the pit for landing. Make sure that twist for barani happens at the end of the sault and in the same direction as the lead leg of their roundoff.	Encourage an arm swing starting from soldier position aggressively swinging arms upwards. Tuck shape should happen early and push should be encourage from the hips and toes not from knees.

Pit Tramp - Week 1

Floor		Floor	
	Rope	Floor space at the back of the trampoline	
Badge 5/6	5 second tuck hold legs as high as possible	5x straight arm slow lifts from soldier to rocket with 3 Kg dumbbell	
Badge 7/8	5 second straddle hold legs as high as possible	5x straight arm slow lifts from soldier to rocket with 4 Kg dumbbell	
Ext. 1	5 hand length rope climb with no legs		
Ext. 2	5 hand length rope climb in straddle		
Coaching tips	Main activity here is to hold the legs as high as possible, knees to chest for tuck and feet at hip height for straddle. Emphasize quality.	Elbows must not bend for this activity. Slow movement especially through the shoulder height range will allow for good strengthening in this activity.	

Floor - Week 2

	Floor	Floor	Box against wall
	Large green wedge	60cm height and a mat	20cm box
Badge 5/6	Standing with back to wedge arms in soldier position, Swing arms up and jump to candle position on top of wedge, Backward roll down wedge to finish standing	Spotted standing backsault to mat off 60cm box	Roundoff with hands on floor feet to land on box, arms by side
Badge 7/8	Standing with back to wedge arms in soldier position, Swing arms up and jump to candle position on top of wedge, Backward roll down wedge with straight legs to finish standing	Standing backsault off 60cm box	Roundoff with hands on floor feet to land on box, backwards tuck jump from box to floor
Ext. 1	Roundoff, jump to candle on top of wedge, backward roll down wedge to finish standing	Spotting standing backsault on floor	Roundoff with hands on floor feet to land on box, Spotted backsault from box to floor
Ext. 2	Flic, Jump to candle on top of wedge, backward roll down wedge to finish standing	Standing backsault on floor	
Coaching tips	Focus on arm position, arms swinging from soldier position upwards during the jump phase will assist greatly with getting the right momentum. Wedge may need to be elevated for larger athletes, top of wedge should sit just above shoulder height	Watch out for shoulder arch, arms to stay in front of body and swing upwards to assist with rotation.	Push for roundoff needs to come from first hand primarily. Run up should be short but fast, slight forward lean during landing on box.

Floor - Week 2

Floor		2 velcro lines	
	floor space	2 velcro lines 2 metres apart	
Badge 5/6	Handstand hold	Dish to arch roll along the ground between the 2 velcro lines	
Badge 7/8	Handstand hold	Dish hold for 3 seconds roll to arch hold for 3 seconds, continue from one velco line to the other velco line	
Ext. 1	Handstand, pop, hold	Dish hold for 3 seconds roll to arch hold for 3 seconds, continue from one velco line to the other velco line with a small weight between hands	
Ext. 2			
Coaching tips	Thumbs should face towards each other, straight body.	Gymnast must maintain body tension through out skill, shoulders and feet should not come into contact with the ground.	