

Air Track - Weeks 3 and 4

Air Track 1			
	Small safety mat	30 cm crash mat	On white line
Badge 5/6	Roundoff, spotted backsault pike with arms to chest	Standing jump to back landing with stretch and snap	Roundoff, half twist to step landing
Badge 7/8	Roundoff, backsault pike with arms to chest	Roundoff jump to back landing with stretch and snap	Roundoff, half twist, roundoff
Ext. 1	Roundoff, spotted whip	roundoff, flic	Roundoff, half twist, roundoff, flic
Ext. 2	Roundoff, whip		
Coaching tips	encourage an arms swing from arms below 90 degrees swinging towards chest. Athletes may need a small stop between roundoff and backsault pike to begin with.	Arms start and finish by side, there needs to be an aggressive swing upwards on takeoff with arms. No knee bend allowed when there is a lead up roundoff, they will have to bend their knees from standing however.	Long and low half twist is key to maintaining momentum. Make sure that half twist goes in the same direction as the lead leg for roundoff. Left leg lead for roundoff means left twisting half turn and vice versa.

Air Track - Weeks 3 and 4

Air Track 2

	60cm spotting box placed horizontally		Into foam pit
Badge 5/6	Forward roll over box, hold step landing for 1 second on other side, roundoff	V-snap finishing arms horizontal to shoulder x5	Standing backsault pike with arms to chest
Badge 7/8	Forward roll over box, step out, roundoff	V-snap finishing arms horizontal to shoulder x5	Standing whip
Ext. 1	Forward roll over box, step out, roundoff, flic		Roundoff, backsault pike with arms to chest
Ext. 2			Roundoff, whip
Coaching tips	Height of the box should be slightly below chest. Arms should be up and slightly forward during step position. Ensure leading leg for step is the same as their normal roundoff	This should mimic whip arms, arms should start at or below hips and move quickly to line up with shoulders at the same time the as the hip opening. Encourage fast movement.	Strong arms swing on take off, hip bend can be up to 90 degrees. When performing extension activities do it from a pre-determined small run. I.E. 2 steps before your roundoff only.

Pit Tramp - Week 3

	Trampoline	Into Pit off Tramp	Into Pit off Side
	In the middle of the trampoline	Into pit	From the side of the pit
Badge 5/6	Spotted backsault Pike on trampoline	3 x rocket bounces, Frontsault Pike into pit	Standing spotted backsault tuck into pit
Badge 7/8	Backsault Pike on trampoline	3 x rocket bounces, Barani Pike into pit	Standing backsault to back into pit
Ext. 1	Backsault Pike with a kick out on trampoline	3 x rocket bounces, Barani Pike to land back on trampoline	Standing spotted backsault pike into pit
Ext. 2			Standing backsault pike into pit
Coaching tips	Ensure hand position is below the knees with straight legs. No more than 3 bounces should be needed to do this skill. Ensure athletes are looking for the landing.	Arms should start higher than shoulders but not behind the head. Ensure twist direction is the same as lead leg for roundoff.	Strong upwards moving arm swing will assist in getting the required momentum to complete sault. Ensure shape is made quickly and tight.

Pit Tramp - Week 3

		Wall	Floor	
		Floor space	Floor space	
Badge 5/6		10 second pike hold with hands on ankles	10x fast V-snaps	
Badge 7/8		10 second pike hold with hands on bottom of feet	10x fast v snaps with small arch between each	
Ext. 1				
Ext. 2				
Coaching tips		Make sure knees are straight, if they are struggling to get into good shape, give them a rope to wrap around their feet and pull on.	emphasise fast on the way up to V, this is meant to replicate pulling a fast shape in a pike sault. The arch inbetween should replicate a kickout so arms should be by the side of body for this.	

Floor - Week 4

	Floor	Floor	Floor
	60cm spotting box	2 pieces of velcro placed approx 60cm apart	30cm crash mat
Badge 5/6	Lying with hips on box, hands on floor, self guided Flic/walkover from lying position. May require small push on legs to start	Holding foam in hands sitting in pike shape, throw the ball to a partner who is standing behind the gymnast, by opening pike shape to make a spoon shape with hips up and arms finishing at 90degrees. (whip drill)	Spotted standing flic in front of 30cm height, hands to go on the ground in front of the box, gymnast to finish in front support shape
Badge 7/8	Lying with hips on box, hands on floor, self guided flic to rebound bounce	Holding foam in hands sitting in pike shape, throw the ball to a partner who is standing behind the gymnast, by opening pike shape to make a spoon shape with hips up and arms finishing at 90degrees. (whip drill)	Spotted standing flic in front of 30cm height, hands to go on the ground in front of the box, gymnast to finish in front support shape
Ext. 1	Feet on box, hands on floor, self guided flic.	If safe, use a 1-2kg medicine ball (never ask children to catch this, coach should be receiver for this activity)	Spotted standing flic in front of 30cm height, hands to go on the ground in front of the box, gymnast to finish on feet
Ext. 2	Feet on box, hands on floor, self guided flic to rebound bounce		
Coaching tips	Try to use limited spotting, this is meant to be a self-guided activity. Some athletes may not be strong enough to start the movement however.	Throw needs to come from moment not from bent elbows, shoulder activation is the key here. Hips need to finish raised from the floor	Encourage strong starting position. Arms low and shoulders round, fast opening of shoulders and hips to generate momentum for flic

Floor - Week 4

Floor		Strength	
	20cm height	5kg Medicine ball	
Badge 5/6	Step roundoff to finish feet on 20cm height arms side	Front support hold on medicine ball, walk the ball slowly out as far as possible, and back to front support shape	
Badge 7/8	Step roundoff to finish feet on 20cm height arms side	Front support hold on medicine ball, walk the ball slowly out as far as possible, and back to front support shape	
Ext. 1	Add a backwards Tuck jump off box		
Ext. 2	Add a backwards Pike jump off box		
Coaching tips	Push hard on first hand, hips need to drive fast down into the box	Aim for minimal core movement during activity	