

## Air Track - Weeks 5 & 6

### Air Track 1

	30cm crash mat	Small safety mat	60cm spotting box on side
Badge 5/6	Roundoff, stop, jump to back landing	Spotted flic from standing	Lie with hips and feet on box, hands on floor, back walkover to feet.
Badge 7/8	Hurdle roundoff bounce to back landing	Standing flic	Lie with hips and feet on box, hands on floor, finish like a flic
Ext. 1	Hurdle roundoff spotted flic	Spotted flic, flic from standing	Feet on box only, back walkover.
Ext. 2	Hurdle roundoff flic	Standing flic, flic	
Coaching tips	reducing the amount of lead in steps will increase confidence on accurate roundoff placement and give a better bounce to back landing. Ensure arms are in front of body for roundoff landing	Watch for correct starting position. Arms in front of hips head down. Thumbs should point towards each other during hand placement of flic.	This is meant to give the athlete some control over their own progression, try not to help too much spotting if possible. They may need a little bit of help pushing feet over however.

# Air Track - Weeks 5 & 6

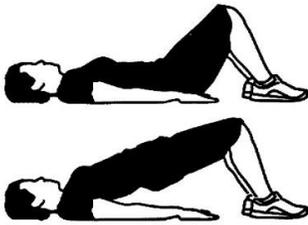
## Air Track 2

	30cm safety mat		
Badge 5/6	Roundoff, stop, spotted flic	Backward roll, stand up to finish pike position	2 step frontsault tuck
Badge 7/8	Roundoff, spotted flic	Backward roll, spotted handstand snap down	1 step frontsault tuck
Ext. 1	Roundoff, Flic	Backward roll, handstand, snap down	2 step frontsault pike
Ext. 2			1 step frontsault pike
Coaching tips	Progress slowly here, the main obstacle for this is often confidence so <b>don't be afraid to spend a long time</b> working on the easier progressions.	Encourage athlete to use both hands during backward roll, if spotting try to grip both ankles to assist into the handstand.	Make sure 2 feet on take off. Arms should be slightly above shoulder height on take off

## Pit Tramp - Week 5

	Trampoline	Into Pit off Tramp	Into Pit off Side
	In the middle of the trampoline	Into pit	From the side of pit
Badge 5/6	Spotted backsault tuck	from standing, 1 bounce long back drop into pit	Spotted standing backsault tuck into pit
Badge 7/8	Backsault tuck	From standing, 2 bounces backsault tuck into pit, with spot if required	Standing backsault tuck into pit
Ext. 1	Spotted backsault pike	2 bounces backsault pike into pit with arms to chest	Spotted standing backsault pike into pit
Ext. 2	Backsault pike	2 bounces backsault straight into pit with arms to chest	standing backsault pike into pit
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/pike position	Biggest focus here should be on increasing confidence for going backwards into pit. Spot any athlete who is struggling, they can start by standing on the end frame of the pit trampoline if they are too nervous to go from the trampoline.	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 5

		Floor	Floor	
		Floor	Floor	
Badge 5/6	10x hamstring bridges hands on floor	5x 0-90 degree shoulder dumbbell raise - 3kg		
Badge 7/8	10x hamstring bridges with 3kg dumbbell held over hips	5x 0-135 degree shoulder dumbbell raise - 3kg		
Ext. 1	5x single leg hamstring bridge on each leg, no weight	5x 0-180 degree shoulder dumbbell raise - 3kg		
Ext. 2	5x single leg hamstring bridge on each leg, legs raised 30cm			
Coaching tips		Elbows should stay locked at all times, slow controlled movements is necessary. 0 degree starts from arms at side, 90 at shoulders, 135 slightly above head height and 180 is overhead.		

## Floor - Week 6

	Floor	Floor	Floor
	Mat against wall	30cm crash mat	Line on floor
Badge 5/6	Roundoff, fall against wall to finish in upright closed dish, lower back and bum touching wall only	Roundoff, stop, spotted flic to crash mat	1 hand cartwheel
Badge 7/8	Roundoff, jump against wall in closed dish position, lower back and bum touching wall only	Roundoff, spotted flic to crash mat	1 hand roundoff
Ext. 1	Standing flic, fall against wall to finish in upright closed dish, lower back and bum touching wall only	Roundoff, flic to crash mat	
Ext. 2	Standing flic, jump against wall in closed dish position, lower back and bum touching wall only		
Coaching tips	Make sure dish position showed body tension with arms pressed tightly to sides.	Limited lead in steps to roundoff for increased accuracy on landing. Encourage arms to be below 90 degrees on landing for roundoff to allow arm swing to create momentum into flic take off	This drill is meant to encourage a strong push on lead-in hand for roundoff, emphasize this mostly, the actual technique in cartwheel and roundoff is allowed to be poorer than normal

## Floor - Week 6

	Floor	Floor	
	30cm box	small box 30-50cm in front of crash mat	
Badge 5/6	3/4 handstand on box, snap down rebound bounce	Roundoff with hands on box, feet to go on floor on opposite side, jump to back landing on safety mat	
Badge 7/8	3/4 handstand on box, snap down, 1/2 twist rebound to step landing	Roundoff with hands on box, feet to go on floor on opposite side, spotted flic.	
Ext. 1	3/4 handstand on box, snap down, 1/2 twist rebound to roundoff	Roundoff with hands on box, feet to go on floor on opposite side, flic.	
Ext. 2			
Coaching tips	Encourage minimal knee bend on first contact of snap down.	This is meant to allow extra drop on the end of the roundoff so that feet can come back in front of the athlete. If they are struggling emphasise strong push through lead in hand of roundoff and shoulder extension through hand contact phase.	