

Air Track - Weeks 7 and 8

Air Track 1			
	30cm block 0.5m in front of crash mat	on white line	small safety mat
Badge 5/6	3/4 Handstand on block, snap down jump to back landing with tuck shape on crash mat	Hurdle roundoff to rebound bounce arms between 90 and 180 degrees to shoulders	Spotted Flic from standing
Badge 7/8	3/4 Handstand on block, snap down jump to back landing with tuck shape on crash mat	Hurdle roundoff to rebound tuck jump, arms to start halfway between shoulders and head.	Roundoff flic with spot
Ext. 1	3/4 Handstand on block, snap down to spotted backsault tuck on small safety mat	Hurdle roundoff to spotted backsault tuck	Roundoff flic
Ext. 2	3/4 Handstand on block, snap down to backsault tuck on small safety mat	Hurdle roundoff to backsault tuck	Roundoff flic, bounce to back landing on crash mat
Coaching tips	Focus on fast hip flexion at the end of the handstand. This will allow for a fast push out of track into next skill	Feet should end behind the shoulders for largest height in rebound bounce. Knees will need only slight bend, if at all. Focus on these aspects being perfect before progressing to extensions activities.	Watch for correct starting position. Arms in front of hips head down. Finish position should be the same as starting position

Air Track - Weeks 7 and 8

Air Track 2

	30cm Crash mat	2x2kg dumbbells	End of air track
Badge 5/6	Standing whip drill (jump to back with stretch and snap)	Arm swing from soldier holding dumbbells into a high jump x5	Roundoff Backsault tuck
Badge 7/8	Roundoff whip drill	Arm swing from soldier holding dumbbells into a high jump x5	Roundoff Backsault Pike
Ext. 1	Roundoff flic, whip drill		Roundoff Backsault straight
Ext. 2			
Coaching tips	Long jump to back, arms should start low to allow for a big swing up. Arms to finish with thumbs pressed to side, body in slight dish.	Ensure the jump and arm swing are done in one motion. Dumbbells do not need to finish overhead, arm swing can stop just short.	Limit the amount of steps allowed. Too many steps will give inconsistency in roundoff. Spotting may be required for first repetitions

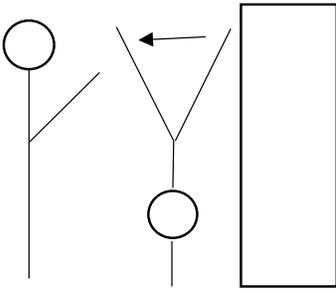
Pit Tramp - Week 7

	Trampoline	Into Pit off Tramp	Into Pit off Side
	Safety mat on trampoline		30cm box
Badge 5/6	Spotted Flic to safety mat	From trampoline 1 jump to back landing in pit with stretch and snap.	Spotted backsault tuck
Badge 7/8	Flic to safety mat	Spotted back layout/whip from 1 bounce	Backsault tuck
Ext. 1	Flic with no additional matting	back layout/whip from 1 bounce	Spotted backsault pike
Ext. 2			Backsault pike
Coaching tips	Watch for hands turned outwards, fingers should point towards each other. Less bounces is best, preferably from standing or 1 bounce	Back drop with stretched and snap should start from arms side position and have a large arm swing in take off phase, then arms snap to side just before landing. This technique should continue for layout and whip progression.	Try and encourage an arm swing from hands in front of hips swinging aggressively to 90 degrees in the take off. Back & shoulders should not arch too much during take off phase.

Pit Tramp - Week 7

Floor		Floor	
	5kg Medicine ball	2x2kg dumbbells	
Badge 5/6	Front support balance with hands on Medicine ball for 15 seconds	10 straight jumps with dumbbells held by side	
Badge 7/8	Front support balance with hands on Medicine ball for 15 seconds	10 straight jumps with dumbbells held overhead	
Ext. 1	Front support balance with hands on medicine ball, 1 foot raised off ground for 15 seconds		
Ext. 2			
Coaching tips	Round shoulders during activity, minimal movement is best	Watch for straight arms during overhead activity	

Floor - Week 8

		Floor	Floor	Floor
		30cm mat	Mat against wall Partner standing 0.3m behind	60cm spotting box in front of safety mat
Badge 5/6	Spotted Flic to Front support position	Handstand against mat, snap down, partner to catch legs. Repeat 5 times	Lying with hips on box, hands on floor, self-guided back walkover to feet.	
Badge 7/8	Spotted Flic	Handstand against mat, snap down, partner to catch legs. Repeat 5 times	Lying with hips on box, hands on floor, self-guided back handspring to feet (feet together)	
Ext. 1	Flic		Lying with feet on box, hands on floor, self-guided flic to feet	
Ext. 2			From bridge position, assisted back walkover	
Coaching tips	Front support position should show hands turned in slightly, elbows and core tight. This drill should be perfect before moving on, watch for flexed feet on landing, possible to injure toes this way.	This is meant to replicate the snap from hands in a flic. Make sure that athlete is doing the work not the partner. Some arch is allowed during this activity	Try to allow maximum self learning here. Athletes will figure out their mistakes as they go, a small push to start rotation here may be required however.	

Floor - Week 8

Floor		Floor	
	20cm box	Floor Space	
Badge 5/6	Roundoff with hands on box feet on floor	Backward roll to stand up	
Badge 7/8	Roundoff, half twist, roundoff. Hands on box for first roundoff	Backward roll to Front support	
Ext. 1	Roundoff, Spotted flic, Hands on box for roundoff	Backward roll to Handstand	
Ext. 2			
Coaching tips	Encourage pushing through first hand of roundoff and snapping down on opposite side with straight knees pushing through toes. Half twist should be long	Make sure athletes are using both hands equally. Roll should start from a half squat.	

