

Air Track - Weeks 9 & 10

Air Track 1

	On white line	Small safety mat	50cm safety mat
Badge 5	Roundoff, Half twist to step landing	Spotted flic from standing	Spotted flic, Bounce to back landing with Tuck
Badge 6	Roundoff, Half twist to step landing	Roundoff, Flic with spot	Roundoff jump to back landing in straight body position
Badge 7	Roundoff, Half twist, roundoff	Spotted flic, flic from standing	Step lead in, roundoff, flic, backsault tuck with spot (no raised mats)
Badge 8	Roundoff, Half twist, roundoff	Roundoff, Flic	Roundoff, Flic, Jump to back landing with straight body position
Coaching tips	Ensure turning direction is the same as the lead leg for roundoff. E.G. left leg roundoff, left twist.	Watch for bent knees. Legs should be in front of body for beginning of flic, if knees are bending this is probably because roundoff does not snap down hard enough.	Jump should not happen from knees, toe and hip extension should be used only to give height up onto mat stack.

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Air Track 2

Badge 5	Frontsault Tuck from run	Standing hurdle, Roundoff	Roundoff, Backsault Pike with arms to chest
Badge 6	Frontsault Tuck from run	Standing hurdle, Roundoff	Roundoff, Backsault pike with arms to chest
Badge 7	Frontsault Tuck to step landing	Standing hurdle, Roundoff, Half twist	Roundoff, Whip
Badge 8	Frontsault Tuck to step landing	Standing hurdle, Roundoff, Half twist	Roundoff, Whip
Coaching tips	Long low jump into frontsault will assist with height in the sault. Ensure step landing mimics their lead in to Roundoff.	Ask for an exaggerated arm swing to generate power into a long low hurdle jump.	Arms need to be low at end of roundoff to allow a big arm swing into whip take off.

Pit Tramp - Week 9

	Trampoline	Into Pit off Tramp	Into Pit off Side
	Safety mat on trampoline	On trampoline	30cm box
Badge 5	Spotted backsault tuck on trampoline	Frontsault tuck into pit	Spotted backsault tuck
Badge 6	Spotted backsault pike with arms to chest on trampoline	Barani tuck into pit	Backsault tuck
Badge 7	Backsault tuck on trampoline	Frontsault tuck onto safety mat	Spotted backsault pike
Badge 8	Backsault pike with arms to chest on trampoline	Barani tuck onto safety mat	Backsault pike
Coaching tips	use safety mats where needed, usually less bounces is better as many jumps allows opportunities for instability	make sure when landing back on trampoline, the sault is not excessively long.	Try and encourage an arm swing from hands in front of hips swinging aggresively to 90 degrees in the take off. Back & shoulders should not arch too much during take off phase.

Pit Tramp - Week 9

	Floor	Floor	
	60cm spotting box	10cm box	
Badge 5/6	self guided walkover from lying on box with hands on floor	10x squats with arms at 90 degrees, touch box with bum for every rep	
Badge 7/8	self guided back handspring from lying on box with hands on floor	10x squats with arms overhead, touch box with bum for every rep	
Ext. 1	self guided back handspring from lying on box with hands on floor, holding a piece of foam between feet	10x squats with 3kg dumbbell held overhead, touch box with bum for every rep	
Ext. 2			
Coaching tips	Box should be appropriate height for athlete, most will need it tipped to be a little higher. Box should be roughly chest height of athlete. Don't assist too heavily this activity is meant to promote self learning	ensure back remains straight during exercise and knees point forwards at the bottom of the squat. Don't let athletes sit on the box, just lightly touch.	

Floor - Week 10

Floor		Floor	
	60cm box on side with mat on top	2x3kg weights	small mat
Badge 5/6	Jump to back landing with tuck position	From soldier position swing arms upwards holding weights and jump, arms to stop at 90 degrees. Do this 5 times	Spotted standing backsault tuck
Badge 7/8	Jump to back landing with pike position	From soldier position swing arms upwards holding weights and jump, arms to stop at 135 degrees. Do this 5 times	Spotted standing backsault pike
Ext. 1	Jump to candle position	2x4kg weights arms to 135 degrees	Standing backsault tuck
Ext. 2		jumping onto a small box with 2x4kg weights	Standing backsault pike
Coaching tips	Ensure box is stable, this may require setting it up with smaller boxes on the side so it doesn't tip over. Encourage an upwards arm swing during take off phase for easier push up onto box	Focus on the arms. Make sure elbows are not bending during this process, if the athlete is struggling to maintain straight arm position after several attempts, lower the weight. Can be done with 1 weight held in front of body if 2 equal weights are not available.	Try to incorporate arm action from previous 2 exercises. Shoulder must stay round during take off to assist in a fast tuck and pike position.

Floor - Week 10

Floor		Floor	
	30cm box	Floor Space	
Badge 5/6	Backwards box jump	5x Tuck snap as fast as possible	
Badge 7/8	Backward box jump + immediate rebound backwards tuck jump off box	5x Tuck snap as fast as possible	
Ext. 1	Backwards box jump + immediate rebound backwards pike jump off box		
Ext. 2			
Coaching tips	Make sure box isnt too high, this activity is far more difficult than regular box jumps. Rebound jumps should happen mostly through hips and toes, not knees.	Arms to start above head, tuck as quickly as possible, extension speed can be slow.	