

Air Track - Weeks 1 and 2

	Activity 1	Activity 2	Activity 3
	On white line	On white line	On white line
Badge 9-10	Roundoff, half twist, roundoff	Standing half twist step out, roundoff, spotted flic	Roundoff, Flic
Badge 11-12	Roundoff, half twist, roundoff, spotted flic	Standing half twist, step out, flic	Roundiff, Flic, Rebound jump
Ext. 1	Roundoff, half twist, roundoff, flic	Standing half twist, step out, flic, flic	Roundoff, Flic, spotted backsault tuck
Ext. 2			
Coaching tips	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.	The purpose of this exercise is to isolate the half twist. Encourage a long half twist to assist producing necessary power from standing.	Watch for bent knees into rebound jump. Jump should happen from toe and hip extension on flic exit

Air Track - Weeks 1 and 2

Activity 4		End of Air Track	
	safety mat		
Badge 9-10	spotted roundoff whip	Roundoff, Backsault tuck	
Badge 11-12	Roundoff, whip	Roundoff, flic, Backsault tuck	
Ext. 1	Roundoff, flic, whip	Roundoff, Backsault Layout	
Ext. 2	Roundoff, whip, flic	Roundoff, Flic, Backsault Layout	
Coaching tips	roundoff will need an aggressive hip snap to prepare for whip. Arms should start for whip below 90 degrees and swing upwards in unison with a strong hip drive. A good roundoff will help this a lot.	Limited steps will allow for greater accuracy if athlete is worried about going off the end. Try to encourage arms setting for backsault in front of the body rather than moving straight up at the end of roundoff or flic.	

Tumble Track - Weeks 1 and 2

	Activity 1	Activity 2	Activity 3
Badge 9-10	Roundoff, Flic, Flic	Roundoff, Flic, Backsault Tuck	Spotted 3 flics from standings
Badge 11-12	Roundoff, Flic, Flic, Flic	Roundoff, Flic, Backsault Pike	3 flics from standing
Ext. 1	Roundoff, Whip, Flic	Roundoff, Flic, Backsault Layout	6 flics from standing
Ext. 2		Roundoff, Flic, Backsault half	
Coaching tips	Biggest hurdle to overcome is confidence. Use safety mats, spotting and breaks between flics to give athlete more confidence. The less knee bend between flics the better, however most athletes will require some knee bend when first learning.	Most athletes will be more comfortable starting with roundoff, backsault. This does not have to be performed into pit if athlete is more comfortable landing back on the track.	Some knee bend will be necessary to build power, encourage a fast snap down after first contact of the hands.

Tumble Track - Weeks 1 and 2

Tramp activity 1 Tramp activity 2

	Safety mat on trampoline		
Badge 9-10	Standing flic	3 bounces backsault tuck	
Badge 11-12	Standing flic, Backsault Tuck	3 bounces backsault pike	
Ext. 1	Standing flic, Backsault Layout	3 bounces backsault Layout	
Ext. 2		3 bounces backsault half	
Coaching tips	Encourage round shoulders and thumbs next to knees for standing flic start. Arms should be snap vertical during (not before) the backsault take off.	try to encourage minimal backwards travel, this should allow for tight shape and controlled landing.	

Floor - Week 1

	Floor	Floor	Floor
	Large green wedge	30cm height and a mat	Small wedge
Badge 9-10	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 30cm box	Standing flic down wedge
Badge 11-12	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 30cm box	Standing flic
Ext. 1	Roundoff, jump to candle on top of wedge, backward roll down wedge to finish standing	Spotting standing backsault on 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	Watch out for shoulder arch, arms to stay in front of body and swing upwards to assist with rotation.	Use a mini tramp or DMT mount bed if athlete struggles to do unassisted on the wedge.

Floor - Week 1

Floor		Floor	
	floor space	30cm soft box	
Badge 9-10	Handstand hold on wall - 20 seconds	Roundoff hands on floor feet on box	
Badge 11-12	Free handstand hold - 10 seconds	Roundoff rebound, hands on floor feet on box	
Ext. 1	Free handstand hold - 20 seconds		
Ext. 2			
Coaching tips	aim for minimal back arch	Encourage push to come primarily through first hand of roundoff, feet will need to snap fast to get back to the box.	

Pit Tramp - Week 2

		Trampoline	Into Pit
		On Trampoline	Into pit from the end of the trampoline
Badge 9-10		2 bounces frontsault tuck to land on trampoline	From edge of pit on 30cm height 3 bounces barani tuck to pit Standing frontsault tuck to pit
Badge 11-12		2 bounces barani tuck to land on trampoline	3 bounces barani straight to pit Standing frontsault pike to pit
Ext. 1		2 bounces barani straight to land on trampoline	3 bounces fronts full to pit Frontsault tuck without 30cm box into pit
Ext. 2			
Coaching tips		Use safety mat where required. Ensure barani twist happens after the shape not before or during.	Make sure twist happens at the end of the sault. Encourage a twist that occurs from the hips. Push comes from toes and fast shape. If athlete tries to push too hard from their knees they will not make the sault around.

Pit Tramp - Week 2

	Rope	Floor space at the back of the trampoline	
Badge 9-10	5 second tuck hold legs as high as possible	5x straight arm slow lifts from soldier to rocket with 5 Kg dumbbell	
Badge 11-12	5 second straddle hold legs as high as possible	5x straight arm slow lifts from soldier to rocket with 6 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.	