

Air Track - Weeks 3 and 4

	Activity 1	Activity 2	Activity 3
	Small foam box	30 cm crash mat	Partner activity with 30cm crash mat
Badge 9-10	Roundoff with hands on track feet on box	Roundoff jump to back landing with stretch and snap	Standing jump to back landing, throw foam behind for partner to catch, landing arms by ears
Badge 11-12	Roundoff, spotted whip	Roundoff, Whip	As above, but add a snap after foam throw to finish arms side for landing
Ext. 1	Roundoff, Whip	Roundoff, Whip, Flic	
Ext. 2	Roundoff, Whip, 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/whip to begin with.	Encourage an aggressive snapdown in roundoff to allow correct feet position into whip take off. Focus should be primarily on hip and toe push at first, with fast arm swing coming in later.	Make sure athlete stands in soldier to begin, holding foam in front of hips. Throw should be long not high so release has to occur at the full extension.

Air Track - Weeks 3 and 4

Activity 4		End of Air Track	
	30cm foam box	Into foam pit	
Badge 9-10	Roundoff hands on floor feet on box	Standing backsault pike with arms to chest	
Badge 11-12	Roundoff rebound, hands on floor feet on box	Standing whip	
Ext. 1	Roundoff, spotted backsault from foam box	Roundoff, backsault pike with arms to chest	
Ext. 2		Roundoff, whip	
Coaching tips	Encourage push to come primarily through first hand of roundoff, feet will need to snap fast to get back to the box.	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.	

Tumble Track - Weeks 3 and 4

	Activity 1	Activity 2	Activity 3
Badge 9-10	Roundoff, spotted whip	Roundoff, Flic, Bounce to back landing	Standing Flic, Flic
Badge 11-12	Roundoff, Whip	Roundoff, Flic, Whip	Standing Flic x3
Ext. 1	Roundoff, Whip, Whip	Roundoff, Flic, Whip, Flic	Standing Flic, Flic, Flic, Sault
Ext. 2	Roundoff, Whip, Flic		Standing, Flic x6
Coaching tips	Use a safety mat for all activities except whip, whip. Focus primarily on the roundoff giving a good set up for whip. The whip needs to start from a closed body position to push correctly.	Watch for bent knees in flic to whip or bounce transition. Ask athlete to think about pushing with their toes instead of knees.	Encourage a build up of speed, to do this a fast hip action should occur during every contact of the hands.

Tumble Track - Weeks 3 and 4

Tramp activity 1 Tramp activity 2

Badge 9-10	Backsault Layout	1 bounce whip	
Badge 11-12	3x Backsault Layout in a row	1 bounce whip, backsault tuck to foam	
Ext. 1	6x Backsault layout in a row	1 bounce whip, backsault layout to foam	
Ext. 2		1 bounce whip, backsault half to foam	
Coaching tips	This is meant to get athlete used to rotating several times in a row, while it is meant to resemble a whip, don't be too critical on performance, the main focus is to complete the activity with stability.	Start from cross, jump feet forward on the 1 bounce to allow a good backwards lean into whip. Use a safety mat or spot the backsault into pit at first as it can be scary for the athlete.	

Floor - Week 3

	Floor	Floor	Floor
	60cm spotting box	Mini tramp + wedge + Crash mat	Air Barrel
Badge 9-10	Lying with hips on box, hands on floor, self guided Flic/walkover from lying position. May require small push on legs to start	Standing flic from mini tramp down wedge	Slow flic over air barrel
Badge 11-12	Lying with hips on box, hands on floor, self guided flic to rebound bounce	Standing flic from mini tramp, rebound to back landing on crash mat	Fast flic over air barrel
Ext. 1	Feet on box, hands on floor, self guided flic.	Standing flic from small box down wedge	Roundoff flic over air barrel
Ext. 2	Feet on box, hands on floor, self guided flic to rebound bounce	Standing flic from small box down wedge, rebound to back landing on crash mat	
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.	Try to encourage little to no bouncing for this activity. Focus on hips and arms creating the power to push over a fast flic.	Focus a lot on hand, shoulder and back position. Air barrel gives the opportunity to slow down the flic as much as required to highlight perfect technique.

Floor - Week 3

	Floor	Strength	
	20cm height	5kg Medicine ball	
Badge 9-10	Standing hurdle 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 11-12	Standing 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	

Pit Tramp - Week 4

	Trampoline	Into Pit off Tramp	Into Pit off Side
	In the middle of the trampoline	Into pit	From the side of the pit
Badge 9-10	Spotted backsault Pike on trampoline	2x bounces Back Pike into pit	Standing backsault tuck into pit
Badge 11-12	Backsault Pike on trampoline	2x bounces Back layout into pit	Standing backsault pike into pit
Ext. 1	Backsault Layout on trampoline	2x bounces Back half into pit	Standing 1 and 1/4 backsault tuck to pit
Ext. 2			Standing 1 and 1/4 backsault pike to 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.	Focus on perfect position in the air. Arms should start low and drive upwards into the take off	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 4

Floor		Floor	
	Floor space	Floor space	
Badge 9-10	10 second pike hold with hands on ankles	15x fast V-snaps	
Badge 11-12	10 second pike hold with hands on bottom of feet	15x 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.	