

## Air Track - Weeks 5 & 6

	Activity 1	Activity 2	Activity 3
	30cm crash mat	Small safety mat	Large wedge on raised surface if necessary
Badge 9-10	Roundoff, spotted backsault tuck	Roundoff, Flic, rebound tuck jump	Roundoff, Jump to candle, backward roll down wedge
Badge 11-12	Roundoff, backsault tuck	Roundoff, Flic, spotted backsault tuck	Standing Flic, Jump to candle, Backward roll down wedge
Ext. 1	Roundoff, backsault layout	Roundoff, Flic, Backsault tuck	Roundoff, Flic, Jump to candle, Backward roll down wedge
Ext. 2		Roundoff, Flic, Backsault layout	
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	Try to encourage athlete to push with toes and hips for sault, rather than knees. Spotting both the flic and sault will assist a lot with confidence.	Wedge should be approximately shoulder height of athlete, if raising the height ensure a firm mat is used so wedge doesn't wobble. Encourage a strong candle position with vertical feet, rather than going directly to the backward roll.

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Activity 4		End of Air Track	
	0.6-1m mat stack	Crash mat in pit	
Badge 9-10	Roundoff, Tucked jump to back landing	Standing backsault tuck to -30cm	
Badge 11-12	Roundoff, Layout jump to back landing	Standing backsault tuck to level surface	
Ext. 1	Roundoff, Flic, Tucked jump to back landing	Standing backsault pike to -30cm	
Ext. 2	Roundoff, Flic, Layout jump to back landing	Standing backsault pike to level surface	
Coaching tips	Often less speed in the lead up is better to allow more focus on technique rather than roundoff placement. Jump should come from toes and hips not from knees.	Encourage a strong arm swing on take off and fast shape.	

## Tumble Track - Weeks 5 and 6

	Activity 1	Activity 2	Activity 3
Badge 9-10	Roundoff, Flic, Tuck jump	Roundoff, Backsault Tuck	Spotted 3 flics from standings
Badge 11-12	Roundoff, Flic, Backsault Tuck	Roundoff, Backsault Pike	3 flics from standing
Ext. 1	Roundoff, Flic, Backsault layout	Roundoff, Backsault Layout	6 flics from standing
Ext. 2		Roundoff, Backsault half	
Coaching tips	Spot the flic and backsault if necessary. Encourage long flic to ensure a forward leaning body position into backsault	This does not have to be performed into pit if athlete is more comfortable landing back on the track. Encourage a long roundoff and little to no knee bend into backsault take off	Some knee bend will be necessary to build power, encourage a fast snap down after first contact of the hands.

## Air Track - Weeks 5 and 6

### Tramp activity 1 Tramp activity 2

	Safety mat on trampoline		
Badge 9-10	Standing flic, rebound tuck jump	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. This does not have to be into foam pit.	

## Floor - Week 5

	Floor	Floor	Floor
	Large Wedge against wall	Small safety mat	Line on floor
Badge 9-10	Standing hurdle roundoff, rebound bounce into wedge in closed dish position	Roundoff, spotted flic to safety mat	1 hand cartwheel
Badge 11-12	Standing hurdle roundoff, rebound bounce into wedge in closed dish position	Roundoff, flic to safety mat	1 hand roundoff
Ext. 1	Standing flic, rebound bounce into wedge in closed dish position.	Roundoff, flic, flic on floor	
Ext. 2			
Coaching tips	Encourage rebound bounce to be completed with straight legs. Arms should be tight to sides during impact and shoulders round.	Athlete should be preparing for flic during roundoff. Encourage a strong snapdown in roundoff so they have already achieved a backwards momentum for the flic during landing of previous skill.	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

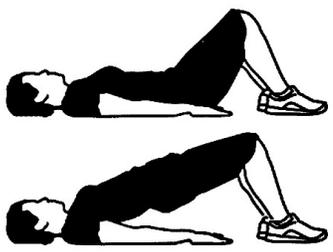
## Floor - Week 5

	30cm box	20cm spotting box in front of crash mat	
Badge 9-10	3/4 handstand on box, snap down, 1/2 twist rebound to step landing	Roundoff with hands on floor, feet to land on box.	
Badge 11-12	3/4 handstand on box, snap down, 1/2 twist rebound to roundoff	Roundoff, with hands on floor, feet to land on box, jump to back landing on from box to crash mat	
Ext. 1	3/4 handstand on box, snap down, 1/2 twist rebound, roundoff, flic	Roundoff, hands on floor, feet on box, spotted flic on crash mat	
Ext. 2			
Coaching tips	Encourage minimal knee bend on first contact of snap down. Long half twist will allow for a faster roundoff.	This encourages a strong shoulder extension through roundoff. Focus on first hand pushing hard to allow the feet to rise onto the box. Do not progress unless athlete can get feet onto box with minimal knee bend.	

# Pit Tramp - Week 6

		Trampoline	Into Pit off Tramp	Into Pit off Side
		In middle of trampoline	Crash mat in pit	From the side of pit
Badge 9-10		Open shaped backsault	from standing, 1 bounce Flic with hands on blue frame covering.	Spotted standing backsault tuck into pit
Badge 11-12		Backsault layout	From standing, 1 bounce high flic <b>where hands don't touch the blue frame covering</b>	Standing backsault tuck into pit
Ext. 1		Long backsault layout	from standing 1 bounce whip.	Spotted standing backsault pike into pit
Ext. 2		1 bounce whip		standing backsault pike into pit
Coaching tips		Slowly open up tuck shape til open shape is achieved and progress from there to get athlete comfortable with layout/whip shape. These drills should be done low as they are meant to progress to a whip	This is meant to allow athlete to think of flic and whip as a similar take off. If the progression is scary work from a higher backsault down to lower.	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 6

		Floor	Floor	
		Floor	Floor	
Badge 9-10		10x hamstring bridges hands on floor	5x 0-90 degree shoulder dumbbell raise - 4kg	
Badge 11-12		10x hamstring bridges with 3kg dumbbell held over hips	5x 0-135 degree shoulder dumbbell raise - 4kg	
Ext. 1		5x single leg hamstring bridge on each leg, no weight	5x 0-180 degree shoulder dumbbell raise - 4kg	
Ext. 2				
Coaching tips		<p>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.</p>		