

Air Track - Weeks 7 and 8

	Activity 1	Activity 2	Activity 3
	60cm spotting box	Large green wedge on top of 30cm mat	60cm box
Badge 9-10	Forward roll over box, step out landing position, cartwheel	Roundoff, tuck to candle on top of wedge, backwards roll	Tuck jump from box, step landing, roundoff
Badge 11-12	Forward roll over box, step out landing position, roundoff	Roundoff, straight body lift to candle, backwards roll	tuck jump from box, step landing, roundoff, flic
Ext. 1	Forward roll over box, step out landing position, roundoff, flic	Roundoff, Flic, Rebound to candle, backwards roll	Pike jump from box, step landing, roundoff
Ext. 2		Roundoff, Backsault layout (on 10cm mat only)	Pike jump from box, step landing, roundoff, flic
Coaching tips	Box should be between hip and chest height, this may need to be rotated on the side for bigger athletes. Ensure step out leg is the same leg they lead in for roundoff, arms should be held directly in front of shoulders during landing	encourage that for candle landing position, only shoulders and upper back should touch the wedge. If lower back or hips hit the wedge on first contact, the hip drive has been insufficient.	Step should be long, ensure it is same leg as lead leg for roundoff. Arms to drive forwards in line with shoulders during landing phase to create long and fast roundoff. Smaller box can be used for younger/smaller athletes

Air Track - Weeks 7 and 8

Activity 4		End of Air Track	
	30cm mat		
Badge 9-10	Roundoff, Backsault open	Roundoff, Backsault tuck	
Badge 11-12	Roundoff, Backsault layout	Roundoff, Backsault layout	
Ext. 1	Roundoff, flic, backsault open	Roundoff, Backsault layout with half twist	
Ext. 2	Roundoff, flic, Backsault layout	Roundoff, Backsault layout with full twist	
Coaching tips	Open backsault should have 45 degree bend at hips and knees, no more. This take off should teach athlete to drive their hips forward during take off. Encourage athletes to activate and squeeze glutes during take off.	Less steps can be helpful here, power shouldn't be the limiting factor given the large drop from the end of the track, where an accurate roundoff placement will give confidence to do the correct technique.	

Tumble Track Week 7 & 8

	Activity 1	Activity 2	Activity 3
Badge 9-10	Standing Flic to rebound bounce	Roundoff, Whip	Roundoff, Flic
Badge 11-12	Standing, Flic, Flic, rebound bounce	Roundoff, Whip, Flic	Roundoff, Flic, Flic, Flic
Ext. 1	Standing Flic x 3	Roundoff, Flic, Whip	Roundoff, Flic, Flic, Flic, Backsault tuck
Ext. 2	Standing Flic x3, Backsault tuck	Roundoff, Flic, Whip, Flic	
Coaching tips	<p>Don't be too strict on technique, main focus here is increasing confidence with linking flics. Spot if necessary to progress.</p>	<p>First attempts of whip flic should always be on a safety mat. Spot if necessary. Athletes need to have their feet in front of them to perform a whip properly.</p>	<p>Focus on length so the hands will be able to make contact with track. Often athletes will jump too high and be unable to continue to more flics.</p>

Tumble Track Week 7 & 8

Tramp activity 1 Tramp activity 2

	Safety mat in pit		
Badge 9-10	Standing flic on trampoline	3 bounces backsault tuck	
Badge 11-12	Standing flic, bounce to back in pit	3 bounces backsault pike	
Ext. 1	Standing flic, whip to pit	3 bounces backsault Layout	
Ext. 2		3 bounces backsault half	
Coaching tips	<p>Don't let athletes jump, they can move the trampoline bed first to assist a little, but jumping will make this activity more difficult.</p> <p>Encourage a stop in between at first to give more confidence on flic placement.</p>	<p>try to encourage minimal backwards travel, this should allow for tight shape and controlled landing. This does not have to be into foam pit.</p>	

Floor - Week 7

	Floor	Floor	Floor
	Air cylinder	30cm box	
Badge 9-10	Step roundoff to land with shins on air cylinder in a round shoulders front support position	Roundoff up to box	3 steps hurdle cartwheel
Badge 11-12	Hurdle roundoff to land with shins on air cylinder in a round shoulder front support position	Roundoff up to box, no knee bend	3 steps hurdle roundoff
Ext. 1		Roundoff to box, rebound tuck jump	3 steps hurdle roundoff, flic
Ext. 2			
Coaching tips	Take this activity slowly to ensure accuracy and good technique. Focus on hand position and round shoulder during landing.	Push hard through shoulder extension. Watch for athletes trying to push with their elbows and encourage these athletes to push more through shoulders. Feet will need to snap fast to land without knee bend.	Focus on hurdle. Hurdle must be long and low with the front knee driving fast at the same time as the arms. If athlete is struggling to perform a correct hurdle, try from standing or 1 step.

Floor - Week 7

	30cm box in front of 30cm mat	60cm box	
Badge 9-10	Roundoff hands on box, snap down feet onto mat and rebound to back landing	Standing backsault from box	
Badge 11-12	Roundoff hands on box, snap down and miss feet to land on back on crash mat	standing backsult pike from box	
Ext. 1		standing backsault layout from box	
Ext. 2			
Coaching tips	This is to work on an aggressive snap of feet. Many athletes will not be able to perform the swing through without feet touching but should be encourage to try.	Encourage strong arm swing into backsault take off. Shape should happen early. Eyes should spot the landing mat to get a good landing position.	

Pit Tramp - Week 8

	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	Roundoff, Backsault tuck	Whip to crash mat	Spotted standing backsault tuck into pit
Badge 11-12	Roundoff, Backsault Pike	Whip to crash mat, bounce to back drop	Standing backsault tuck into pit
Ext. 1	Roundoff, Backsault Layout	Whip to crash mat, flic	Spotted standing backsault pike into pit
Ext. 2	Roundoff, Backsault Half		standing backsault pike into pit
Coaching tips	Spot if necessary. This can land back on tramp or in pit depending on athlete preference and competency. Focus on arm technique and forward body angle into backsault take off.	A relatively solid crash mat will be required for the bounce & flic to be possible. Feet will need to be in front of body during landing	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 8

	Floor	Floor	Floor
	ropes	against flat piece of wall	1/2 fit ball
Badge 9-10	5x holding 1 rope in each hand, tuck to upside down candle hold	3x tuck to handstand with foam between feet	10x full squats on 1/2 fit ball
Badge 11-12	5x holding 1 rope in each hand, Pike to upside down candle hold	3x pike to handstand with foam between feet	3x 1 leg squats on each leg on 1/2 fit ball
Ext. 1			
Ext. 2			
Coaching tips	Encourage minimal swinging on the ropes. Athletes will need to generate backwards momentum by lifting their hips to the roof.	Foam is to make athletes use their core rather than kick up fast and cheat with momentum. If they are struggling, spot them to help them feel the movement. They will need to lean forwards over their hands to perform this correctly.	watch knees don't point in or out. Knees need to follow toes. Full squat requires a minimum of 90 degrees knee bend.