

Air Track - Weeks 9 & 10

	Activity 1	Activity 2	Activity 3
	On white line		
Badge 9	Roundoff, Flic, Backsault Tuck	Roundoff, Flic, Flic with spot	Roundoff, Half twist, Roundoff, Flic with spot
Badge 10	Roundoff, Flic, Backsault Layout with spot	Roundoff, Flic, Flic, Flic with spot	Roundoff, Half twist, Roundoff, Flic
Badge 11	Roundoff, Flic, Backsault tuck to 30cm height	Roundoff, Flic, Flic	Roundoff, Half twist, roundoff, flic
Badge 12	Roundoff, Flic, Backsault Layout	Roundoff, Flic, Flic, Flic	Roundoff, Half twist, Roundoff, Flic, Backsault tuck
Coaching tips	Focus on tight backsault position & knees staying tight during take off for backsault	allow pausing between flics if necessary to complete, however faster flics would be far better.	Long and low half twist will help to maintain momentum. Twist should occur in the same direction as roundoff, left leg lead means left twist and vice versa.

Air Track - Weeks 9 & 10

		Activity 4	Activity 5	
		small safety mat		
	Badge 9	Frontsault Tuck from run	Roundoff, Flic	
	Badge 10	Frontsault tuck step out roundoff	Roundoff, Flic, Flic	
	Badge 11	Frontsault tuck, step out, roundoff, flic with spot	Roundoff, Flic, Flic, Flic	
	Badge 12	Frontsault tuck step out roundoff, flic	Roundoff, Flic, Flic, Flic, Backsault Tuck	
	Coaching tips	Long low jump into frontsault will assist with height in the sault. Ensure step landing mimics their lead in to Roundoff.	Drop arms at the end of the flic to allow for a fast arm extension into flic to help increase speed.	

Tumble Tramp - Weeks 9 and 10

	Activity 1	Activity 2	Activity 3
	30cm crash mat		
Badge 9-10	Roundoff, Flic, Rebound to back landing	Standing flic, Bounce to feet in front, jump backwards	Roundoff, Flic, Whip with spot
Badge 11-12	Roundoff, Flic, Flic	Standing Flic, Bounce to feet in front, Flic	Roundoff, Flic, Whip
Ext. 1	Roundoff, Flic, Flic, Flic	As above but repeat for as many as possible	Roundoff, Flic, Whip, Flic
Ext. 2	Roundoff, Flic, Flic, Flic, Flic		Roundoff, Whip, Whip, Flic
Coaching tips	Don't tell athletes to go too fast, slower will be more beneficial to begin with. Encourage minimal knee bend and aggressive arm action into flic.	This is to highlight the correct feet position for flic take off, you may need to spot to begin with as it is quite different to what most athletes are comfortable with	Whip will need a stronger snap down from flic than they are used to so emphasize this point mostly. Arms will need to swing aggressively upwards during take off phase.

Tumble Tramp - Weeks 9 and 10

Tramp activity 1 Tramp activity 2

Badge 9-10	Standing flic, straight bounce	Roundoff, Flic starting from floor, hands on pad	
Badge 11-12	Standing Flic, Backsault tuck	Roundoff, Whip starting on floor hands on pad	
Ext. 1	Standing Flic, Backsault pike	Roundoff, Flic, Backsault tuck starting from floor, hands on pad	
Ext. 2	Standing Flic, Backsault Layout	Roundoff, Whip, Backsault tuck starting on floor hands on pad	
Coaching tips	encourage arms to stop at 90 degrees out of flic, and move upwards into backsault take off to provide extra momentum.	This will be quite awkward at first, if athlete is small enough they can start on the trampoline, but larger athletes will need to start from the floor. Spot if necessary	

Floor - Week 9

	30cm & 10cm box	Wedge	small mat
Badge 9	Standing backsault tuck from 30cm height	Spotted Flic down wedge	Hurdle Roundoff, Rebound Bouce
Badge 10	Standing Backsault tuck from 10cm height	Flic down wedge	Hurdle Roundoff, rebound tuck jump
Badge 11	Standing backsault from bouncy surface e.g. air floor/tumble tramp	Spotted Flic on floor	Hurdle Roundoff to feet on 30cm height
Badge 12	Standing backsault tuck	Standing Flic on floor	Hurdle Roundoff to feet on 30cm height rebound tuck jump
Coaching tips	Look for a good tuck position with minimal back arch in take off	Some knee bend will be required for standing flic, try to minimise this however. Work athlete as close as possible to no spot where you can, e.g. 1 hand spot.	Focus on hurdle. Front knee should push as long as possible and hurdle should be long and close to the ground.

Floor - Week 10

Badge 9	Kick to handstand hold for 5 seconds no support		
Badge 10	Kick to handstand hold for 10 seconds no support		
Badge 11	Backwards roll to handstand hold		
Badge 12	Backwards roll to handstand hold for 5 seconds		
Coaching tips	Watch for arch in back, stomach should be tense during handstand. Walking on hands is allowed but not preferred.		

Pit Tramp - Week 10

	Trampoline	Trampoline	Trampoline
Badge 9	Barani Straight to foam pit	Frontsault tuck to trampoline	Backsault layout to foam pit
Badge 10	Barani straight to crash mat in pit	Frontsault pike to foam pit	Backsault layout to mat in foam pit
Badge 11	Barani Straight to safety mat on trampoline	Frontsault pike to crash mat in foam pit	Backsault layout to trampoline
Badge 12	Barani straight to trampoline	Frontsault pike to trampoline	Backsault Half to foam pit
Coaching tips	Aim for arms side and twist occurring when upside down. Start with tuck if the athlete is struggle. Ensure it is not a roundoff with no hands	watch that arms are not creating the rotation but rather pushing up on take off. Pike position should be tight but not held, just shown briefly	Start with an open tuck progression if athlete is struggling. Arms should be by the side and hips squeezed forward to eliminate any accidental dish positions

Pit Tramp - Week 10

	Floor	Floor	
		Box squat jumps	
Badge 9	spotted whip to foam pit	slow squat to sit down on 10cm box, jump up to 60cm box from seated position x3	
Badge 10	1 bounce whip to foam pit	slow squat to sit down on 10cm box, jump up to 60cm box from seated position holding 3kg x3	
Badge 11	1 bounce whip to mat in foam pit	slow squat to sit down on 10cm box, jump up to 60cm box from seated position holding 3kg x3	
Badge 12	1 bounce whip to trampoline		
Coaching tips	Ask athlete to jump feet in front of them during their 1 bounce. Whip should be long and arms should start from a closed dish position before snapping up and returning to closed dish for landing	from seated position to jumping should occur in 1 smooth motion rather than standing up, then jumping. Make sure the sitting down action is a slow and controlled squat movement.	