



LEVEL A/B

Weeks 3 & 4

Vault

Each pass should be done at least twice but do more if they need more practice

- Coach supported jumps
(hold gymnasts' hands as the jump multiple times on board)
- Run, punch, straight jump
- Run, punch, straight jump then forward roll
- 3 bounce to $\frac{1}{2}$ handstand

Return stations

Handstand hold against block (belly on block)

3 box jumps

3 ab rollers

Bars

Warm-up

Straight, tuck, pike, straddle hanging hold

(on high bar for 10 seconds in each position)

Circuit- 2 kids per station

- Press holds with paretlets
- Second half pull-overs
- Jump to front support 3 cast to cast away dismount
- Tap swing on a higher bar

Line

Beam

Everybody stand on the beam facing you

- Flamingo walks
- Bear/ cat crawls
- Forward and backwards walks
- Bunny hops
- Lever to T or L
- Arabesque hold
- Jump dismounts

Rotation

Floor

2 kids per station

- Cheese- Forward straddle rolls
- Velcro line- Leap over line
- Panel mat-Bridge with feet on top (can put 1 leg is air or bridge rock)
- Puzzle piece- Superman rocks

