



# LEVEL C/D

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, dive roll
- Run, punch, handstand flatback (spotted)

### Return stations

Handstand flat back to 8 inch mat

5 box jumps

5 ab rollers

## Bars

### Warm-up

Stem rise to 3 casts (repeat 5 times)

### Circuit- 2 kids per station

- Press holds with paretlets
- Shooting star from block or cast
- Bounce to  $\frac{3}{4}$  handstand with t-trainer
- 3 cast to single leg squat on or regular squat on

## Line

## Beam

Everybody stand on the beam facing you

- Forward and backwards releve' walks
- Turn prep walks
- Tuck jumps/ split jumps
- Lever hop / small handstand
- Goofy leg lever
- Stick it (dismounts)

## Rotation

## Floor

2 kids per station

- Cheese- Bridge kickover down cheese or back walkover on floor (Level D)
- Velcro line- Split jumps
- Panel mat- Bridge with feet on top, jump both feet to rainbow position
- Puzzle piece- Superman rocks

