

## April/May-Beg 1 Floor- Vault Week



### Warm Up: Straddle Handstand Hold and Mountain Climber Hold



- 10 second Mountain Climber hold with each foot in front  
Make sure gymnasts are hiding their ears, bending both legs, and have a round back

- 10 second belly to the wall straddle handstand  
Encourage gymnasts to walk their feet up the wall as high as they can and then straddle their legs as if they are in the middle of a cartwheel.  
Make sure they have straight arms, hidden ears, and a round back

After each gymnast gets a turn, explain and demonstrate the following stations.

## Stations

Have the gymnasts stay at their station until you instruct them to switch.

### Station 1: Mountain Climber Pose

Have the students practice their mountain climber pose with each leg in front just like in warm up.

Make sure both legs are bent (back knee touching the block), arms are extended out in front of them with triangle hands, and their backs are round with their ears hidden.



### Station 2: Straddle Handstand Hold

Have the gymnast walk their feet up the wall until they are in the tallest handstand they can do with their stomachs facing the wall. Next, have them put their legs in a straddle. Make sure their backs are round, legs are straight, toes are pointed, and ears are hidden by their arms.



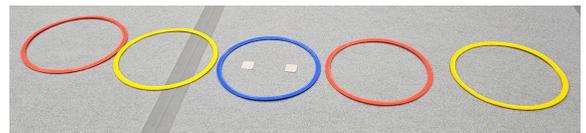
### Station 3: Cartwheel Through the Hoops

Have gymnasts start in a mountain climber pose with their favorite foot in the red hula hoop and other foot in the yellow hoop.

Next, have them cartwheel with their hands in the blue hoop.

Gymnasts should try and land in a mountain climber pose with their favorite foot in the red hoop and their other foot in the yellow hoop.

**\*\*make sure to show them how their favorite foot should now be in the back.\*\***



### Station 4: Backward Rolls

Have gymnasts practice their backward rolls down different sized cheeses. Remind them to push with both hands and land on their feet.



### Station 4: Cartwheel Boxes

At this station, have the gymnasts try their best cartwheels over the cartwheel boxes. Encourage them to practice with both legs in front. Make sure gymnasts are starting and landing in a mountain climber pose.



## April/May-Beg 1 Bars- Vault Week



### Warm Up: Chin Ups on Ramps



Have the group sit in a line and take turns 2 at a time doing 5 chin ups on the ramps. To do this, have gymnasts lay on their stomachs on the ramp, grab the bar closest to the ramp, and then pull their chin to that bar.

If gymnasts are using their feet to help them, have them bend their legs.

Use a scarf if needed to help them slide.

## Stations

Have the gymnasts stay at their station until you instruct them to switch



### Station 1: 5 Chin Ups on a Ramp

Have the gymnasts lay on their stomach on the ramp and grab the bar closest to the ramp. Next, have them try 5 chin ups without using their feet to help them.

### Station 2: Forward Roll, Keep Feet Off the Floor

Have the gymnast jump to front support on the bar and then forward roll down. Encourage them to try and hold their feet up off of the floor.

If a gymnast is nervous to roll, have them lean as far forward as they can, while encouraging them to lean farther and farther each try.



### Station 3: Chin Ups

Have gymnasts put their legs on the box and complete 5 chin ups. Gymnasts can choose to challenge themselves by doing their chin ups with one leg in the air.

### Station 4: Pull Overs or Chin Up Hold

Have gymnasts start with their legs on the box and chin to the bar. Have them try a pull over. If they are unable to pull over, have them do a 10 second chin up hold.



### Station 5: Ropes

Encourage gymnasts to climb the ropes the best they can!



### Station 6: Mini Bar Pull Overs

Have the gymnast start by grabbing the bar and putting their chin close to the bar. Keeping their chin close to the bar, have them walk their feet up the mat stack as high as they can. The goal is to not let their chin move away from the bar. When ready, they can walk their feet up, and then do a pull over.

## April/May- Beg 1 Vault



### Warm Up: Punches on Springboards



Two at a time, have gymnasts punch on the springboards for 10 seconds. Make sure they have straight arms by their ears, tight muscles, straight legs, and toes pointed in the air.

You can even make a game out of it! Each springboard is a team and you can award a point to the person with the best form each turn. The team with the most points wins!

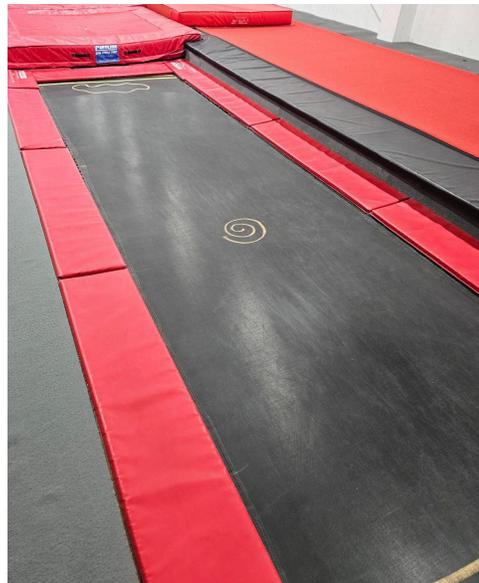
## Stations

Have everyone take a turn at their station and move directly to the next station.



### Station 1: Straight Jumps to the Line

Have the gymnast start at the blue platform and then straight jump with arms by their ears and legs straight to a line drawn in the middle of the Tumble Track.



### Station 2: Run Punch to Resi

Have the gymnast start at the chalk line drawn half way down the TT. Then, they can run, jump in the chalk "puddle" and land on the red resi. Running down only half of the TT will help the gymnasts have more control in their run, punch.



### Station 3: Springboard Punches

Have gymnasts jump on the springboards just like in warm up.

### Station 4: Run, Jump to Mat

Have the gymnasts start on the rod floor and then run, jump on the springboard, and land on the 8 inch mat. Encourage gymnasts to only jump on the springboard one time and to have a straight body position in the air.



### Station 6: Entry Shape on Ramp



Have the gymnast put their hands on the floor and walk their feet up the ramp as if they are getting into a handstand with their belly against the wall. Laying on their belly on the ramp and their hands on the floor, have them look at their hands, hide their ears, and squeeze their muscles. Make sure to adjust the ramp for taller or shorter athletes if needed. Once in the correct vault entry position ( $\frac{3}{4}$  handstand), have them hold the shape for 10 seconds.