

July/August-Beg 1 Floor- Beam Week



Warm Up: $\frac{1}{2}$ Handstand Holds



Have the group sit on the line and explain the $\frac{1}{2}$ handstand. Two at a time, have the gymnasts take a turn holding a 10 second half handstand. The goal is to have their hands on the line, shoulders over their hands, and hips over their shoulders. They can see if they are doing each step correctly by checking in the mirror!

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: $\frac{1}{2}$ Handstand Hold

Have the students practice what they learned during warm up as one of their stations. Hold the $\frac{1}{2}$ handstand for 10 seconds and then rest and try again.



Station 2: Belly on the Wall Handstand

Have the gymnast walk their feet up the wall to do a handstand. Challenge them to see what color handprints they can get their hands to! Hold for 10 seconds and then rest and try again.



Station 3: Kick to Handstand

Have the gymnast start in a mountain climber pose with one foot on the flat blue panel and the other foot on the carpet. Then, have them kick into handstand with their hands on the same blue that the cheese is on. Their goal is to do a full handstand with the wall's assistance.



Station 4: Forward Rolls

On this station, have the gymnast squeeze a bean bag between each ear and each shoulder. Then, challenge them to do a forward roll to their feet without dropping the bean bags!

Station 5: Backward Rolls

On this station, have the gymnasts practice their backward rolls to their feet on two different sized mini cheeses.



July/August-Beg 1 Bars- Beam Week



Warm Up: Glide Shapes



Starting shape:

- Round back
- Ears hidden
- Looking at hands/bar

C-Shape:

- Round back
- Ears hidden
- Looking at feet in front

Extension:

- Straight body
- Ears hidden
- Feet far in front

Have the group make 2 lines at the bar and have them take turns holding the above shapes for 10 seconds. 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



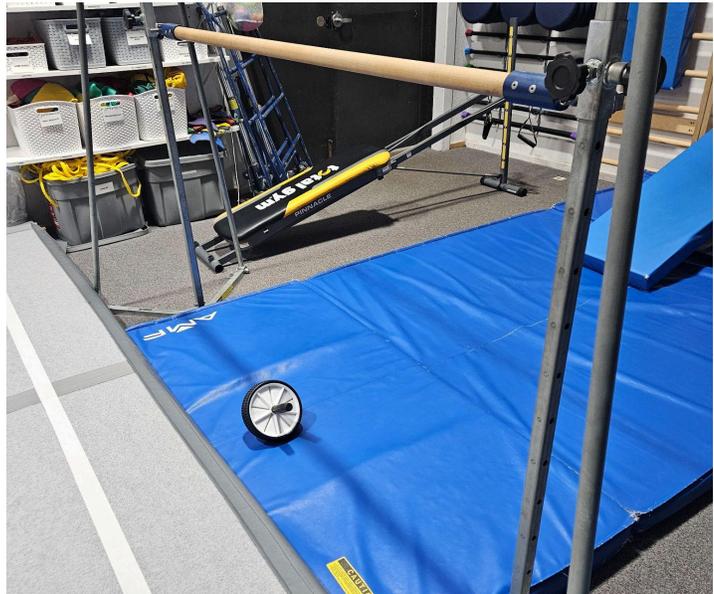
Station 1: Leg Lifts

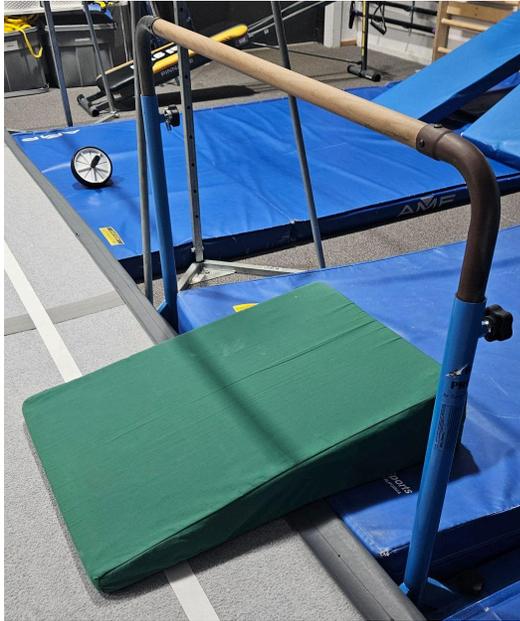
Have the gymnast chose a height to do their leg lifts on. Have them grab the bar with the scarf tied to it and put the bean bag between their feet. Challenge them to lift their feet to the scarf with straight legs as many times as possible until you ask them to switch stations.

Station 2: Glides

Have the gymnast put their hands on the bar and feet on the handles of the Ab Wheel. After, have them practice a glide focusing on two of the shapes they did during warm up. C-shape to extension.

This station will help them to remember that their feet should stay just above the ground in a glide





Station 3: Cat in the Hat

Have the gymnast grab on to the bar and hang underneath. They will then put their feet on the bar in between their hands. The goal is to have the gymnast go upside down, touch the mat with their feet and then pull themselves back through their arms.

If a gymnast is nervous, encourage them to start by trying to put their feet on the bar and go a little more upside down each try.

Station 4: Cat in the Hat on the Ground

Have the gymnast lay on their back in a tuck position. Holding on to the stick, have the gymnast start with their arms by their ears. Then, they will lift their arms over their body and bring the stick down to their feet.



This station mimics what the body does during the cat in the hat skill



Station 5: Glides

Have the gymnast put their hands on the bar and heels on the barrel. After, have them practice a glide focusing on two of the shapes they did during warm up. C-shape to extension.

Remind them to make sure their hands stay on the bar at all times.

July/August- Beg 1 Beam



Warm Up: Seated Releve and Leg Tightening Work



Using the low beams and beam boxes, have the gymnasts partner up and do the following:

- Seated releve with each foot in front (10 sec)

Encourage gymnasts to lift their heels as high as possible while pushing all 10 toes into the ground. Make sure gymnasts use their back foot to push up their front foot.

- 10 sec pike sit squeezing legs straight and toes pointed

Teaches quad activation, make sure athletes see the difference between squeezing their muscles and not squeezing!

- 5 slow lifts with each leg

Looking for good posture, straight legs, and pointed toes!

Have the partner waiting for their turn, be an assistant and give their partner corrections.

Stations



Station 1: 10 Calf Raises

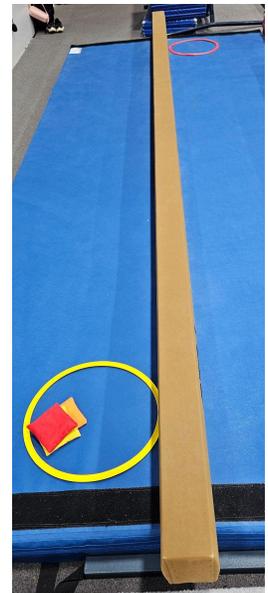
Have the gymnast stand with feet together on the star and hands on their hips. Next, have them slowly lift to releve 10 times. Encourage them to use the straight legs and releve technique they learned during the warm up.

Station 2: Passe Walks

Have the gymnast place a bean bag on their head and challenge them to do passe walks across the beam. The goal is to keep their chin up and point their toe to their knee while walking.

If this is easy for them, challenge them to do their passe walk in releve!

This station is preparing them for the passe, up to releve, and back down, that is in the level 2 routine.



Station 3: Releve Walk

With hands on their hips, have the gymnast walk across the beam in their tallest releve with the straight legs they practiced during the warm up.

Station 4: Seated Releve & Leg Tightening

Have gymnasts practice the seated releve and leg tightening they did during warm up.



Station 5: Bear Crawl

Have gymnasts bear crawl across the beam. The goal is to go across the beam with butterfly hands and straight legs.

This station helps gymnasts get comfortable putting weight on their hands while on the beam.



