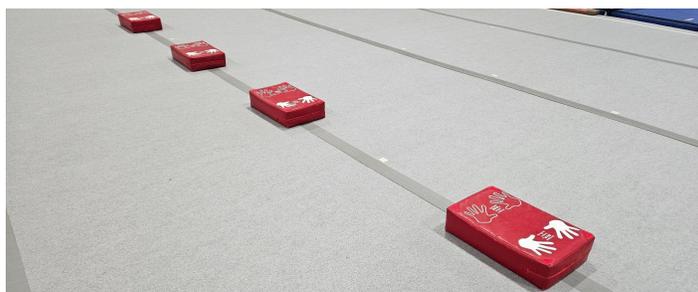


## March/April-Beg 1 Floor- Vault Week



### Warm Up: Cartwheels w/ Cartwheel boxes



Spread out some cartwheel boxes **making sure the white and red handprints are on the same side.** This will help you be able to use the same coaching cues for the entire group.

**Make sure to put no more than 2 students at each box.**

Have the first gymnast at each box start in a mountain climber pose with the same leg in front. Once everyone is in the correct pose, have them cartwheel over the box (make sure they put their hands on the correct handprints). Once they cartwheel over, have them freeze in their mountain climber pose with the opposite leg in front. **They will then cartwheel back over the box using the same color handprints they did the first time.**

Have the next partner follow the same steps.

**Have everyone complete a total of 15 Cartwheels while you walk around and give corrections.**

## Stations

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

### Station 1: Cartwheel on Cartwheel Mat

Have gymnasts practice cartwheels on the cartwheel mat just like during warm up, but on a flat surface.



Let gymnasts know that their hands and feet do not need to line up perfectly with the hands and feet on the mat, they are just a guide.



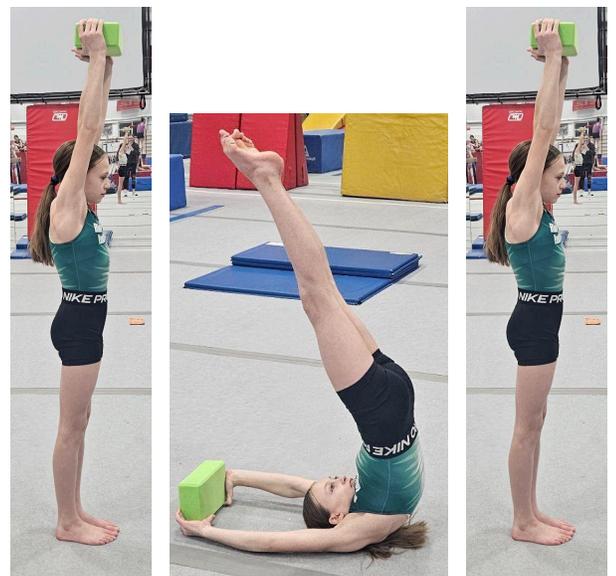
### Station 2: Straddle Handstand Hold

Have gymnasts 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: Candlestick Stand Up Holding a Block

Challenge gymnasts to do candlestick stand ups while holding a yoga block over their head. Their hands are not allowed to help them stand up. **Make sure they keep their feet side by side as well.**

This will strengthen their legs and help them stand up from their forward rolls without using their hands.



### Station 4: Forward Rolls

Have gymnasts practice their forward rolls down different sized cheeses. **Remind them to stand up without using their hands just like at the candlestick station!**



### Station 5: Cartwheel Tunnel

At this station, have gymnasts try their best cartwheels through the cartwheel tunnel. Start with both mats flat and if the gymnast needs more of a challenge, lift one mat up, and then both mats when ready!



"Level 1" Both mats down



"Level 2" One mat up



"Level 3" Both mats up

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



### Warm Up: Chin Ups



Have the group sit in a line and take turns 2 at a time doing the following:

- 5 chin ups
- 5 chin ups with 1 leg in the air
  - 10 second chin up hold
- 10 second chin up hold with 1 leg in the air

## Stations

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



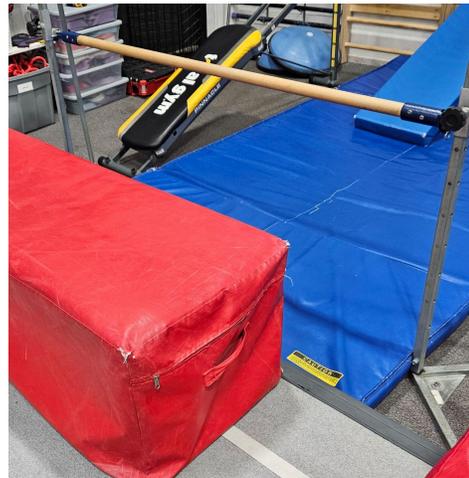
### Station 1: 5 Chin Ups on a Ramp

Have 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 to the Box

Have the gymnast jump to front support on the bar and then forward roll down with their legs landing on the box.

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 Up Hold

Have gymnasts put their legs on the box and then hold their chin to the bar for 10 seconds. If this is easy for them, encourage them to jump on the box 3x while holding their chin to the bar.

### Station 4: Back Ups

Have gymnasts start by laying on their stomach with their hands on the back of their head. Next, have them lift their head off of the ground as high as they can. This exercise works the muscles they will use to help them get to front support out of their pull over.



### Station 5: Mini Bar Pull Overs

Have gymnasts 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 try a pull over.

## March/April- Beg 1 Vault



### Warm Up: Basic Jumps



Use the chalk to mark spots where gymnasts should jump. If needed, partner gymnasts up and have them take turns working on the following jumps for 10 seconds at a time, followed by a freeze on their mark:

- Straight jumps with arms by ears
- Tuck jumps with hands on hips (knees to belly!)
- Straddle jumps
- Seat drops (make sure to remind them that hands should be next to their legs!)
- Donkey kicks with their hands on the black ledge. (hide ears at all times)

Once each gymnast has warmed up all the basic jumps, have them sit on a dot so you can explain the following stations.

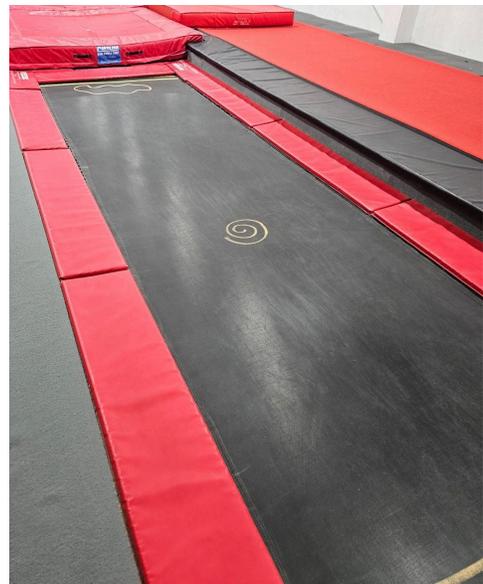
## Stations

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



### Station 1: Straight Jumps to the Line

Have gymnasts 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 gymnasts 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: Jump On, Jump Off

Have gymnasts start by standing on the grey mat. Then have them jump onto and off of the target as fast as possible.

### Station 4: Run, Jump to Mat

Have the gymnasts start on the panel mats and then run, jump one time on the springboard and land on the mat.

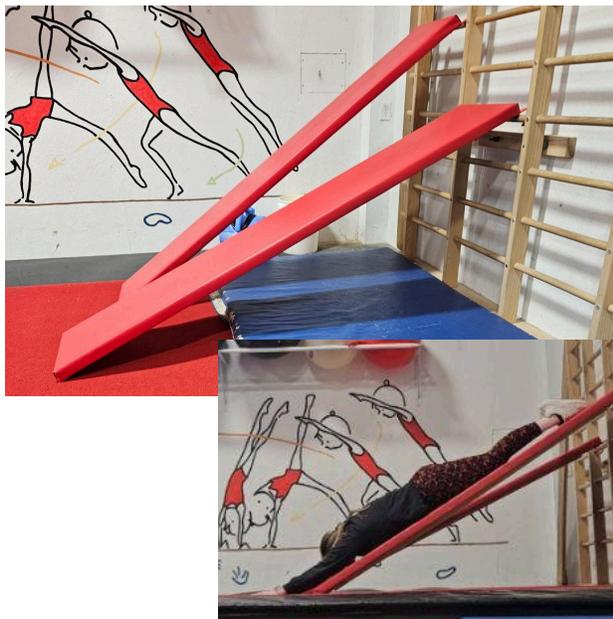


### Station 5: Half Handstand Hold

Have the gymnast get into a half handstand hold with feet on the box and hands silver trampoline. Once in the correct shape, have them hold the half Handstand for 10 seconds



### 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.

