

BOYS REC LESSON PLANS

Advanced

ADVANCED VIDEOS WILL BE PLACED ON INSTAGRAM

COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. **YOUR PHONE DOES NOT COUNT.**
- Engage when coaching & be hands on
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- **NO PHONES WHILE COACHING.** First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pride Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, **EMERGENCY ONLY**
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

SPOTTING

- Be prepared for their hands to slip or for them to let go.
- When spotting any sort of flip or roll, be sure the child's neck is protected.
- New skill development sequence should be:

-drills > squishy mat with spot > squishy mat with no spot > 8" > 4" > floor OR
aparatices

- 8" under the bar and rings- must be correctly placed
- Set your stations to be able to spot with your good arm but being able to see all other stations

ROTATION SCHEDULE

- CLASS TIME 55 MINUTES
1. WARM UP - 10 minutes max
 2. ROTATION # 1 - 15 minutes
 3. ROTATION # 2 - 15 minutes
 4. ROTATION # 3 - 15 minutes

Odd Week

- Intermediate & Advanced- Floor, Bars & Strength Training

Even Week

- Intermediate & Advanced- Rings, P-bars & Trampoline

Theme Week

- All Classes- Strength Training, Themed Games & Trampoline

LESSON PLAN INSTRUCTION

1. When looking over rotation schedule, the first monday after evaluations will be Odd Week.
 - For example- Monday, august 7th 2023
2. Each lesson plan will be in two month increments, 9 weeks between each evaluation.
 1. Lesson plans will be 6 weeks
 2. Week 7 will be theme week with games
 3. Week 8 Review week
 4. Week 9 will be evaluations
 - For example- First months 1-2
 1. Week #1- Odd Week
 2. Week #2- Even Week
 3. Week #3- Odd Week
 4. Week #4- Even week
 5. Week #5- odd week
 6. Week # 6- even week
 7. Week #7- Theme Week
 8. Week #8- Review Week

Theme Weeks

Every other month will have a theme.

- January [winter wonderland](#)
 - March [spring](#)
- May closed memorial week
 - September [Fall](#)
 - November [candy](#)

Warm Up

Warm up

1. Jumping jacks, 10x
2. Straight jumps 10x
3. Tuck jumps 10x
4. Push-ups, 10x

Pre-strength

1. 5 kick handstands
2. 3 straddle presses



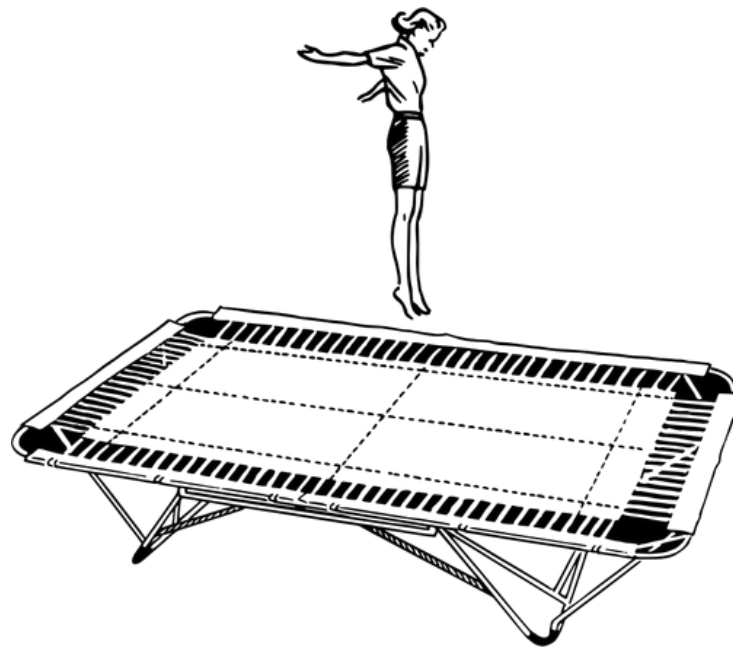
Stretch

1. Arm Circles (8 Counts)
 - a. Forward
 - b. Backward
 - c. Criss cross
 - d. Side to side
2. Star position
3. Flat star position
4. Standing Straddle
 - a. Right
 - b. Left
 - c. Middle
5. Straight body position
6. Standing Pike
7. Eagle stretch (butterfly)
8. Sitting Straddle
 - a. Right
 - b. Left
 - c. Middle
9. Straddle presses 3x
10. Sitting Pike
11. Skin the Cat
12. Wrist stretches
13. Splits (both legs)
 - a. Lunge forward
 - b. Short Split
 - c. Full Split
14. Bridge (Kick over if able)
 - a. Rock- N- Roll

TRAMPOLINE

Skill list

- Front flip
- Back flip
- Stomach drop
- Backdrop pull-over
- Swivel hips
- Branni
- Arabian
- Front full
- Back full
- Cody
- Double front (into pit)
- Back handspring
- Bounder



SKILL LIST

Floor-

Tumbling skills

- Run punch front or pike
- Front handspring
- Front handspring step out
- Round of to one or more backhandsprings

Transitional skills

- Back extension roll through handstand
- Handstand to forward roll
- Handstand full peroe
- Press handstand
- Front headspring
- Handstand fall to bridge
- Front limber
- Back bend
- Back bend kick over

Rings-

Strength skills

- Muscle up
- Back lever
- Shoulder Stand
- Tuck hold in support
- L-hold in support

Swing skills

- Proper swing technique
- One or more dislocates
- One or more inlocates
- Back uprise (must have a muscle up)

Dismounts

- Back tuck
- Back pike
- Back layout
- Double back (into pit)

SKILL LIST

Parallel bars-

Swing skills

- Under bar swing technique
- Back uprise from UB
- Kip
- Upper arm swing technique
- Back uprise from UA
- Front uprise from UA
- Support swing technique
- Swing handstand

Strength skills

- L-hold
- V-sit
- Straddle-L
- Straddle-V
- Straddle hold

High bar-

- Cast back hip circle
- Cast handstand
- Free-hip circle
- Swing technique
- Swing half turn
- Glide kip
- Swing kip
- Baby giant (From swing)
- Baby giant (From bail)
- Swing flyaway
- Giants on strap bar

MONTHS 1-2

August & September

Week #1- Odd Week (8/7- 8/12)

Week #2- Even Week (8/14- 8/19)

Week #3- Odd Week (8/21- 8/26)

Week #4- Even week (8/28- 9/2)

Week #5- odd week (9/4- 9/9)

Week #6- Even week (9/11- 9/16)

Week #7- odd week (9/18- 9/23)

Week #8- Theme Week (9/25- 9/30)

STRENGTH

Core and arm circuit (2-3 laps)

1. Leg lifts 10x
2. Rope climb (as high as possible without feet and the rest with feet)
3. Tuck ups 20x
4. Push ups on parallettes

Stand alone exercise

1. Shuttle runs
2. Handstand against the wall 1 min



FLOOR

- Months 1-2 will be focused on building basics and positions
 1. Hurdle position- against the wall
 2. Hurdle/ C-position cartwheel- down cheese mat, focusing on hand positioning
 3. Cartwheel step in on beam
 4. Candlestick press on panel mat
 5. Front limber
 - HS hold 3 seconds, fall to bridge keep legs together on bridge.
 - Bridge to stand on cheese mat. stand with arms by ears
 6. Back bend (Arms by their ears, Look at hands, Straight arms)
 7. Run hurdle run (arms by ears after hurdle)- over hurdle mat
 8. Jump off 8" punch to hollow back

Rings

- Months 1-2 will be focused on building strength and positions

1. Assisted dips on low rings (show turn out at the top of the dip)
2. Push-ups on low rings (show turn out at the top of the dip)
3. Jump to half muscle ups (Lower the platform as it gets easier to do the muscle-up)
4. Spotted ring swings (work on ring swing technique)
5. L-hold on ring rocker
6. Candlestick lifts
7. L-hold pull through to inverted hang pull back to L

Rings Swings

The Back swing:

The back swing needs to show turnover in the back swing, with head and shoulders and head down and arms in a Y position with the rings turned out and back in a slight arch through the bottom of the swing and then flattening out at the top.

The front swing

The front swing should show a candlestick position with ears covered and eyes looking at the feet, toes up, and the rings turned inward.

Parallel bars

- Months 1-2 will be focused on building strength and correct swing positions positions and developing strength and shape in the handstand

1. Support swings to dismount (low bar)
2. Kick handstand hold on parallettes fall to flat back
3. Chicken hold for 10 sec chicken dip or straddle up to support. Support walk down the bar (Middle bar)
4. Under bar swings (High p-bars)
5. Front support bounces
6. Handstand shape on the ground 10 sec
7. Tick tock drill on parallettes

Support swing technique

- Head up throughout the swing
- Shoulders tall and hips up in the front
- Hips straight in the front (no piking)
- Slight controlled arch in the back swing
- Goal high for the swings should be hips and shoulder height or above

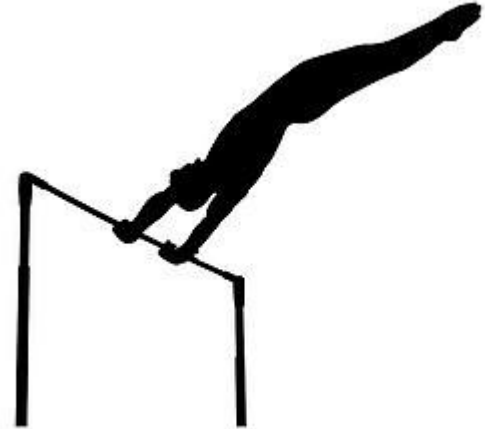
High-bar

- Months 1-2 will be focused on building strength and correct swing positions positions and developing strength and shape. As well as introducing the drills for the kip

1. Kip strength hold each 5 sec
 - a. Hanging L-hold
 - b. Toes to the bar hold
 - c. Hanging candlestick
2. Kip drills
 - a. Glide swings
 - b. Glide kips (Spotted)
 - c. Drop kips (Spotted)
3. Back swing positions on low bar
 - a. Arch to hollow back going to and from a backswing position
 - b. Backswing position
 - c. Lock arm bounces in backswing position
4. Swings
 - a. Hanging hollow arch drill
 - b. High-bar swings

Strength drills

1. Hollow rocks
2. Arch rocks
3. Pull-overs



MONTHS 3-4

October & November

- Week #1-** Odd Week (10/2- 10/7)
- Week #2-** Even Week (10/ 9- 10/14)
- Week #3-** Odd Week (10/16- 10/21)
- Week #4-** Even week (10/23- 10/28)
- Week #5-** odd week (10/30- 11/4)
- Week # 6-** even week (11/6- 11/11)
- Week #7-** odd Week (11/13- 11/18)
- Week #8-** even Week (11/20- 11/25)
- Week #9-** Theme Week (11/27- 12/2)

STRENGTH

Core circuit (3 minute abs)*

1. Hollow hold
2. Hollow rocks
3. V-ups
4. Tuck-ups
5. Reverse crunches
6. Russian twists
7. Russian get ups
8. Hollow hold

* Hold the hollow holds for 30 sec, and the other exercises for 20 sec.

P-bar circuit.

- 3-5 Chicken dips
- Support walk down to the middle of the bar
- 3-5 dips in the middle of the bar
- Support walk to the end of the bar
- Chicken hold for 10 seconds

Handstand hold against the wall 1min



FLOOR

- Months 3-4 will be focused on applying shapes and positioning
 1. Run hurdle cartwheel- over hurdle mat
 2. Lunge position roundoff- down cheese mat, focusing on quick kicking tight punch
 3. Round off over panel mat rebound to 8", focus on shape when landing out of the round off and rebounding
 4. BHS to stomach- over octagon., on 8", focusing on shape when catching the floor
 5. Back bend (Arms by their ears, Look at hands, Straight arms)
 6. BHS jumping technique- onto whale mat, over skinny mat, focusing on jumping before landing
 7. BHS technique drill- pocket slaps with back resting against pac-man or octagon
 8. Press to handstand against wall, large spotting block, or upright cheese mat

Rings

- Months 3-4 will continue the goals from the previous month and start working getting the gymnast to do the muscle up by themselves

1. Support or L hold on low rings (focus on turn out)
2. Push-ups on low rings or PP devices (show turn out at the top of the dip)
3. Assisted muscle ups on low rings (feet on block)
4. Muscle up attempts on rings
5. Spotted ring swings* (work on ring swing technique)
6. Straddle-L on ring rocker
7. Candlestick lifts
8. L-hold pull through to inverted hang pull back to L

*if the gymnast has a muscle up and has swings with good technique have them start working on spotted back uprisers

Rings Swings

The Back swing:

The back swing needs to show turnover in the back swing, with head and shoulders and head down and arms in a Y position with the rings turned out and back in a slight arch through the bottom of the swing and then flattening out at the top.

The front swing

The front swing should show a candlestick position with ears covered and eyes looking at the feet, toes up, and the rings turned inward.

Parallel bars

- Months 3-4 will be focused on building strength and correct swing positions positions and developing strength and shape in the handstand

1. Support swings to dismount (low bar)
2. Swing handstand to flat back on 8 inch
3. Chicken hold for 10 sec chicken dip or straddle up to support. Support walk down the bar (Middle bar)
4. Under bar swings (High p-bars)
 - Also start introducing the swing to back uprise
5. Bounce to handstand on bungee station
6. Handstand shape on the ground 10 sec
7. Tick tock drill on parallettes

Support swing technique

- Head up throughout the swing
- Shoulders tall and hips up in the front
- Hips straight in the front (no piking)
- Slight controlled arch in the back swing
- Goal high for the swings should be hips and shoulder height or above

High-bar

- Months 3-4 will be focused on working the swing, as well as continuing the drills for the kip and working on more spotted kips.

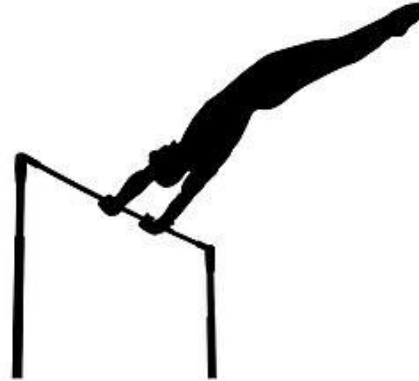
1. Kip strength hold each 5 sec
 - a. Hanging L-hold
 - b. Toes to the bar hold
 - c. Hanging candlestick
2. Kip drills
 - a. Glide swings
 - b. Glide kips (Spotted)
 - c. Drop kips (Spotted)
3. Back swing positions on low bar
 - a. Arch to hollow back going to and from a backswing position
 - b. Backswing position
 - c. Lock arm bounces in backswing position
4. Swings
 - a. Hanging hollow arch drill
 - b. High-bar swings
5. Back hip circles

Strength drills

1. Hollow rocks
2. Arch rocks
3. Pull-overs

Once they have mastered the swing they can start working on the swing half turn

- Start with hanging half turns focusing on proper head and body shape
- Then work spotted half turns
- Once they have a good idea of proper body shape then have them work the half turn on their own



MONTHS 5-6

December & January

Week #1- Odd Week (12/4- 12/9)

Week #2- Even Week (12/11- 12/16)

Week #3- Odd Week (12/18- 12/22)

Week #4- Even week (12/27- 12/ 30)

Week #5- odd week (1 / 2- 1/6)

Week # 6- even week (1/ 8- 1/13)

Week #7- odd week (1/15- 1/20)

Week #8- even week (1/22- 1/27)

Week #9- Theme Week (1/29- 2/3)

STRENGTH

Strength circuit

Drills should be set up in a circle. The gymnast will either start on one of the strength drills or they will start running around the circle and do the drill for 30 sec and then they will move on e.g. if the gymnast starts on a drill then when they switch they will start running around the circle, then when they switch again they will move to the next strength drill in the circle and so on until they have completed all the drills

Strength drills

1. Push-ups
2. V-ups
3. Hollow hold
4. Arch rocks
5. Arch holds
6. Handstand push-ups



Other strength drills (Handstand line drills)

1. Handstand forward rolls
2. Handstand walks
3. Handstand fall to bridges

FLOOR

- Months 5-6 will be focused on dynamic skills
 - Warm up : 3 Front limbers + 3 backbend kickovers (can be spotted if needed + run hurdle run (3-4 times)
1. Run hurdle round-off over hurdle mat, focusing on back movement
 2. Lunge position round off rebound to back- down cheese mat, focusing on quick kicking, tight punch, hold hollow shape
 3. BHS to stomach- over octagon., on 8", focusing on jump to lower back before touching octagon
 4. BHS jumping technique- onto whale mat, over skinny mat, focusing on big jumps
 5. BHS to belly- over bacon mat, on 8", focusing on jumping up and back
 6. Jump off springboard roundoff punch to mat stack- focusing on hollow shape
 7. Back bend back to stand on small cheese mat
 8. Handstand half pirouette

Rings

- Months 5-6 The gymnast should now have a good idea on the rings swing as well as be getting close to there muscle up. This month will focus on adding some new strengths skill as well as the shoulder stand

1. Head stand
2. Tuck or L hold press to shoulder stand
3. Back lever drill on low rings
4. Muscle up attempts on rings
5. Ring swings to back tuck or layed out dismount* (work on ring swing technique)
6. Kick to handstand on the PP devices
7. Arch rocks with arm turn out
8. L-hold pull through to inverted hang pull back to L

*if the gymnast has a muscle ups and has swings with good technique have them start working on spotted back uprises

Rings Swings

The Back swing:

The back swing needs to show turnover in the back swing, with head and shoulders and head down and arms in a Y position with the rings turned out and back in a slight arch through the bottom of the swing and then flataning out at the top.

The front swing

The front swing should show a candlestick position with ears covered and eyes looking at the feet, toes up, and the rings turned inward.

Parallel bars

- Months 5-6 will be focused on building upper arm strength to prepare the gymnast to start working front/back uprisers, and to continue to develop handstand strength.

1. Arch swings
2. Swing handstand to flat back on 8 inchers
3. 20x chicken flaps. On one side of the middle bar
4. 5x upper arm swings to straddle up. On the other side of the middle bar
5. 5,5,5 drill*
6. Bounce to handstand on bungee station
7. Handstand shape on the ground 10 sec
8. Tick tock drill on parallel bars

Support swing technique

- Head up throughout the swing
- Shoulders tall and hips up in the front
- Hips straight in the front (no piking)
- Slight controlled arch in the back swing
- Goal high for the swings should be hips and shoulder height or above

*5 under bar swings, back uprise to 5 upper arm swings, front uprise or straddle up to 5 support swings to dismount.

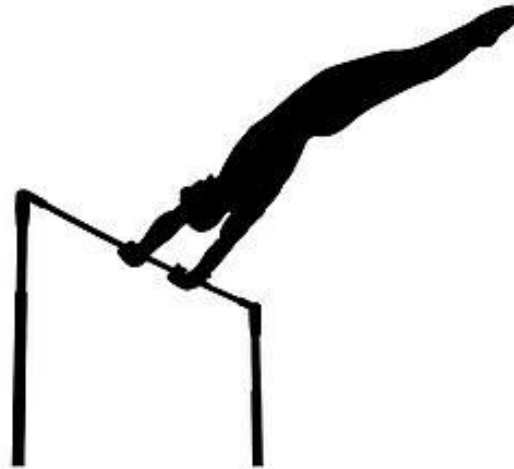
High-bar

- Months 5-6 At this point the gymnast should have a good idea of the basic h-bar swing shape. And should be ready to start mastering the half turn. Primary goal should be for the gymnast to get their kip

1. Kip strength hold each 5 sec
 - a. Hanging L-hold
 - b. Toes to the bar hold
 - c. Hanging candlestick
2. Kip drills
 - a. Glide swings
 - b. Glide kips (Spotted)
 - c. Drop kips (Spotted)
3. Swings
 - a. Hanging hollow arch drill
 - b. High-bar swings
4. Back hip circles
5. Cast to handstand 3 sets of 3x

Strength drills

1. Hollow rocks
2. Arch rocks
3. Pull-overs



Once they have mastered the swing they can start working on the swing half turn

- Start with hanging half turns focusing on proper head and body shape
- Then work spotted half turns
- Once they have a good idea of proper body shape then have them work the half turn on their own

MONTHS 7-8

February & March

Week #1- Odd Week (2/5- 2/10)

Week #2- Even Week (2/12- 2/17)

Week #3- Odd Week (2/19- 2/ 24)

Week #4- Even week (2/26- 3/2)

Week #5- odd week (3/4- 3/9)

Week #6- even Week (3/11- 3/ 16)

Week #7- odd Week (3/18- 3/23)

Week #8- Theme Week (3/25- 3/30)

STRENGTH

Strength circuit 3x

1. Pull-ups 5x
2. Leg lifts 10x
3. Candlestick lifts 10x
4. Arch ups off pommel horse or block 15x with a 10 sec hold at the end
5. Push-ups 10x
6. Hollow rocks



Other strength drills (Handstand line drills)

1. Handstand forward rolls
2. Handstand walks
3. Handstand fall to bridges

FLOOR

Months 7-8 will be focused on connections and preparation for Front handsprings

- Warm up : 3 BWO + 3 FWO (1 min) + run hurdle run (3-4 times) + 3 perfect round-offs down cheese mat (1min)
1. Run hurdle round-off over hurdle mat rebound to back-up to whale mat, focusing on hurdle positioning, tight punching
 2. BHS jumping technique- onto whale mat, over skinny mat, focusing on big jumps
 3. BHS to belly- over bacon mat, on 8", focusing on jumping up and back
 4. Handstand against block in a slight arch with shoulders open. Snap down to rebound up to panel mat focusing on straight legs
 5. BHS to belly on 8"
 6. Headstand push to bridge
 7. Bridge to stand or front limber focusing on ears covered and eyes on hands
 8. Round Off BHS- on resi (last few min)

Rings

- Months 7-8 Continue to work skills from the last week and start adding connections on the high rings and working on the dislocate. Also if the gymnast has a good swing and can do a muscle up introduce the back uprise

1. Press handstand feet on panel mat
2. L hold press to shoulder stand
3. Back lever drill on low rings
4. Muscle up attempts on rings
5. Ring swings to back tuck or layed out dismount* (work on ring swing technique)
6. Kick to handstand on the PP devices
7. Dislocate drill: Inverted pike in upper arm between two spotting block, push through to dislocate up to octagon or packman
8. L hold roll back to inverted pike

Rings Sequence (spot the muscle-up if needed)

1. Muscle up to support hold
2. L- hold roll back to inverted pike
3. Skin the cat pull back through to invert pike
4. Cast out to 3-5 swings
5. Back tuck or layout

*Can also start working sequences

Parallel bars

- Months 7-8 will be focused on building upper arm strength to prepare the gymnast to start working front/back uprisers, and to continue to develop handstand strength.

1. Two or more swing handstands to flat back
2. Swing handstand to safety roll
3. Upper arm swings to spotted front uprise
4. Front uprise drill between to spotting blocks
5. 5,5,5 drill*
6. Bounce to handstand on bungee station
7. Handstand shape on the ground 10 sec
8. Tick tock drill on parallettes

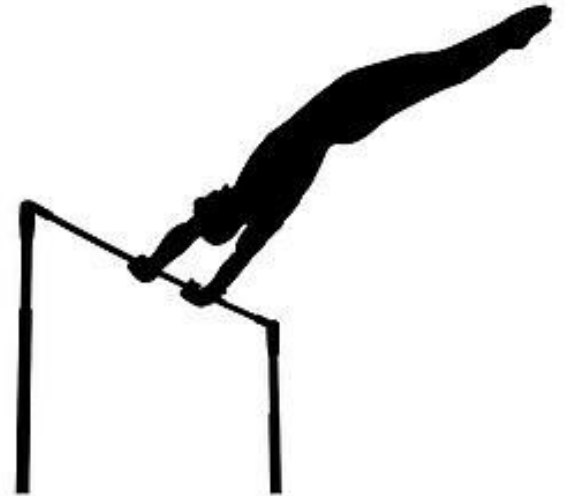
Support swing technique

- Head up throughout the swing
- Shoulders tall and hips up in the front
- Hips straight in the front (no piking)
- Slight controlled arch in the back swing
- Goal high for the swings should be hips and shoulder height or above

*5 under bar swings, back uprise to 5 upper arm swings, front uprise or straddle up to 5 support swings to dismount.

High-bar

- Months 7-8 At this point the gymnast should have a good idea of the basic h-bar swing shape. And should be ready to start mastering the half turn. Primary goal should be for the gymnast to get their kip
 - Low bar
 1. Cast handstand flat back (spotted if needed)
 2. Cast to hollow, back hip circle or free-hip
 - High-bar
 1. Swing half turn
 2. Sequence
 - a. Pull-up pull-over
 - b. Cast back hip circle
 - c. Undershoot to swing
 - d. Three swings dismount
 - e. Can add half turn after under shoot
 - Work kips for the last 5 minutes



MONTHS 9-10

April & May

- Week #1-** Odd Week (4/1- 4/6)
- Week #2-** Even Week (4/8- 4/13)
- Week #3-** Odd Week (4/15- 4/20)
- Week #4-** Even week (4/22- 4/27)
- Week #5-** odd week (4/29- 5/4)
- Week # 6-** even week (5/ 6- 5/11)
- Week #7-** Review Week (5/13- 5/18)
- Week #8-** Evaluation Week (5/20- 5/25)
- Week #9-** CLOSED MEMORIAL WEEK (5/27- 6/1)

STRENGTH

P-bar circuit.

- 3-5 Chicken dips
- Support walk down to the middle of the bar
- 3-5 dips in the middle of the bar
- Support walk to the end of the bar
- Chicken hold for 10 seconds

Strength circuit

1. Sit-ups off of pommel horse or panel mat 25x
2. Arch-ups off of pommel horse or panel mat 20x with 10 sec hold on the last one
3. Push-ups with feet elevated 15x
4. Rope climb as far as possible without feet and the rest with and and feet
5. Slider walks down and back on floor strip



Other strength drills (Handstand line drills)

1. Handstand forward rolls
2. Handstand walks
3. Handstand fall to bridges

FLOOR

Months 9-10 will be focused on connections and preparation for front handsprings

1. Months 9-10 will be focused on the development of front tumbling
2. Warm up : (1 min) + run hurdle run (3-4 times) + 3 perfect round-offs over hurdle mat (1min)
 1. Run hurdle round-off over hurdle mat rebound to back- up to whale mat, focusing on hurdle positioning, tight punching
 2. Round off BHS 2 x8" and panel mat
 3. Headspring- down cheese mat, fall to belly
 4. Front limber
 5. Straight body punches with a 10lb weighted bar
 6. Handstand block up to panel mat
 7. Spotted front handsprings over panel mat
 8. Run punch dive roll on to 8 incher

Rings

- Months 9-10 Working on developing the dislocate skill.

1. Press handstand feet on panel mat
2. L hold press to shoulder stand or handstand
3. Back lever drill on low rings
4. Dislocate drill #1: Inverted pike in upper arm between two spotting block, push through to dislocate up to octagon or packman
5. Dislocate drill #2: Start from inverted pike on low rings, cast dislocate up to two or more 8 inches
6. Work spotted dislocates on the rings. If the gymnast can already do a dislocate work on doing to or more in a row
7. L hold roll back to inverted pike

Rings Sequence (spot the muscle-up if needed)

1. Muscle up to support hold
2. L- hold roll back to inverted pike
3. Skin the cat pull back through to invert pike
4. Cast out to 3-5 swings
5. Back tuck or layout

*Can also start working sequences

Parallel bars

- Months 9-10 will be focused on building upper arm strength to prepare the gymnast to start working front/back uprisers, and to continue to develop handstand strength.

1. Swing handstand to dismount or safety roll
2. Upper arm swings to spotted front uprise
3. L-hold
4. Front uprise drill between to spotting blocks
5. 5,5,5 drill*
6. Front support bounces on bungee station
7. Handstand shape on the ground 10 sec
8. Kick handstand hold parallettes

Support swing technique

- Head up throughout the swing
- Shoulders tall and hips up in the front
- Hips straight in the front (no piking)
- Slight controlled arch in the back swing
- Goal high for the swings should be hips and shoulder height or above

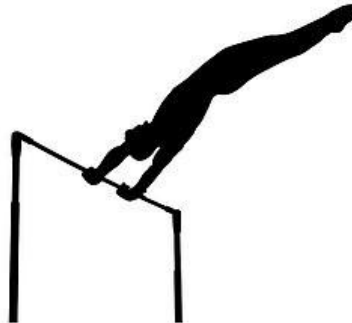
*5 under bar swings, back uprise to 5 upper arm swings, front uprise or straddle up to 5 support swings to dismount.

High-bar

- Months 9-10 At this point the gymnast should have a good idea of the basic h-bar swing shape. And should be ready to start mastering the half turn. Primary goal should be for the gymnast to get their kip
- Low bar
 1. Cast handstand flat back (spotted if needed)
 2. Cast to hollow, back hip circle or free-hip
- High-bar
 1. Swing half turn
 2. Sequence
 - a. Pull-up pull-over
 - b. Cast back hip circle
 - c. Undershoot to swing
 - d. Three swings dismount
 - e. Can add half turn after under shoot
- Work skill list
- Work kips for the last 5 minutes

Skill list

- Swing half turn
- Baby giant
- Flyaway
- Back uprise



MONTHS 11-12

June & July

Week #1- Odd Week (6/3- 6/8)

Week #2- even Week (6/10- 6/15)

Week #3- Odd Week (6/17- 6/22)

Week #4- Even week (6/24- 6/29)

Week #5- odd week (7/1- 7/6)

Week # 6- Review Showcase Week #1 (7/ 8- 7/13)

Week #7- Review Showcase Week #2 (7/15- 7/20)

Week #8- Showcase Week #2 (7/22- 7/27)

Week #9- Evaluation Week (7/29- 8/3)

STRENGTH

Handstand circuit. 2-3 sets of one minute per station

1. Handstand hold against the wall
2. 45 degree handstand on small block
3. Handstand position on the ground
4. Handstand shap drill between to panel mats
5. Handstand leans

Leg circuit -3 sets of one minute per station

1. Box jumps
2. Calf raises
3. Punches over 5 or more panel mats or arches
4. Mountain climbers over panel mat
5. Mat slides down floor strip with block or panel mat



FLOOR

Months 11-12 will be focused on the front handsprings

1. Months 9-10 will be focused on the development of front tumbling
2. Warm up : (1 min) + run hurdle run (3-4 times) + 3 perfect round-offs over hurdle mat (1min)
 1. Back tumbling skill down floor strip (unspotted)
 2. Headspring- down cheese mat, fall to belly
 3. Front limber
 4. Straight body punches with a 10lb weighted bar
 5. Handstand block up to panel mat
 6. Spotted front handsprings on floor
 7. Run punch front flip up to one or more 8 inchers

Rings

- Months 11-12 Continuing working the dislocate as well as introducing the front uprise

1. Straddle hold press to feet on panel mat. Can also do straddle press to handstand if able.
2. L hold press to shoulder stand or handstand
3. Back uprise drill on low rings (See video)
4. Dislocate drill #2: Start from inverted pike on low rings, cast dislocate up to two or more 8 inches
5. Work spotted dislocates on the rings. If the gymnast can already do a dislocate work on doing to or more in a row
6. Spotted back uprise
7. L hold roll back to inverted pike

*Can also start working sequences

Rings Sequence (spot the muscle-up if needed)

1. Muscle up to support hold
2. L- hold roll back to inverted pike
3. Skin the cat pull back through to invert pike
4. Cast out to 3-5 swings
5. Back tuck or layout

Dislocate to back uprise sequence

Cast dislocate to three swings, back uprise

Parallel bars

- Months 11-12 will be focused on putting all the skills learned into a sequence and getting the gymnast comfortable with swinging to handstand on the normal p-bar setting

1. Swing to one or more handstands dismount
2. Swing to front or back uprise
3. Kick to handstand on parallettes
4. V-sit hold
5. Tuck planche
6. P-bars sequences (spotted if needed)

P-bar sequence

- Jump to 3 under bar swings
- Back up rise to upper arm
- 3 swings to front or back uprise
- Swing L-hold or V-sit
- Swing handstand dismount (spotted if needed)

High-bar

- Months 9-10 At this point the gymnast should have a good idea of the basic h-bar swing shape. And should be ready to start mastering the half turn. Primary goal should be for the gymnast to get their kip
- Low bar
 1. Cast handstand flat back (spotted if needed)
 2. Cast to hollow, back hip circle or free-hip
- High-bar
 1. Swing half turn
 2. Sequence
 - a. Pull-up pull-over
 - b. Cast back hip circle
 - c. Undershoot to swing
 - d. Three swings dismount
 - e. Can add half turn after under shoot
- Work skill list
- Work kips for the last 5 minutes

Skill list

- Swing half turn
- Baby giant
- Flyaway
- Back uprise

