

Tumbling Week 1/3

Warm-up - 5 minutes

1. 1 lap running
2. 1 lap skipping
3. 1 lap sashay - facing inside
4. 1 lap sashay - facing outside
5. 1 lap running forward with large arm circle

Stretching/Flexibility - 15 minutes

- Use printed sheet for stretching preteam form

Tumbling- 35 minutes

2 minutes per station - 2x thru

1. Forward rolls, ending and finishing with arms by ears down lane - handstand, forward roll if they have experience
2. Panel Mat - backward straddle roll off panel mat - backroll extension for those with experience
3. Blue Cheese - backward toe walk up cheese to handstand position (belly facing cheese or handstand hold with experience)
4. Block - pike handstand hold, forward roll
5. Round-off drill - pencil kicks (or straight up, backwards onto mat for back tuck drill)
6. Lane - straight jumps down lane
7. Cartwheel over block
8. Cartwheel in lane

Conditioning 10 minutes

20 seconds work/10 seconds rest- 3x through

1. Mtn climbers
2. Block jumps
3. Sprints
4. Straight jumps
5. Squat jumps
6. Supermans
7. Situps