Rough and Tumble

5 laps one walk

Stretch – regular stretching, make sure to do shoulders since they use their upper body a lot. No splits needed

Bridges x3 some can raise leg, none can raise arm

Tuck Jumps x10 watch form

Straddle jumps x10 watch for straight legs

Floor

Forward roll tuck jump watching for not pushing on ground to get up and correct tuck jumps.

Cheese wedge high five- to teach them to stop pushing on the grown to get up from a forward roll, have them roll down the wedge and have them high five you as soon as they get up from the roll.

Hand Stand Trainer – Get folded up panel mat and have them do 10 of them making sure they keep their arms by their ears.

Hand Stands down the mat after that

Then Handstands on the wall… They go into the handstand, you count to 4 and they are supposed to walk towards the wall on your count… Then they hold it for another 2 seconds and come down. This can be done 3 times

Cartwheel Trainers- Over the Red, Over the Panel Mat, then on the cartwheel mat. X 5

Climb the rope x1 most of them can’t get to the top and hand walk across low beam x 2

Vault

Jump sticks on floor first (either tuck or straddle)

On Big Red Mat

Straight jumps

Tuck jumps

Straddle jumps

Onto Panel mats

Knees x2

Feet on x2

Straddle up x2

I will show you obstacle they do on the way back

Bars

Pull overs

L hold

They can climb the wall if you want them to.

Monkey Walk across low bar and bring toes to the bar at end, they should not drop their feet at the end of the monkey walk… tap their toes first then drop.

High bar monkey walk with 2 pull ups at end

Conditioning is regular

Frog jumps back and forth

Rebounds

Hand stand walk four trainer

Then they should be out of time…