

New Lesson Plan

ALL Remove Event

S1

Shapes HOLLOW



The hollow shape is one of the most fundamental and important shapes in gymnastics. Legs and shoulders should be off the mat slightly and back should be flat on the ground to make a dish shape.

Not for Distribution Beyond Purchasing Gym

S30

Shapes OPEN SHOULDER DRILL



1. Start holding a stick in front with both hands shoulder width apart.
2. Move the stick back and forth to promote opening the shoulders.
3. Finish pulling the stick back as far as possible and holding.

*You can also use therabands and even go behind the back. An extra challenge is doing that on the floor lying down.

Not for Distribution Beyond Purchasing Gym

Equipment:
Stick/Band

Beam Remove Event

BB11

Beam

SPLIT HANDSTAND HOLD DRILL ON FLOOR BEAM



1. Start in a lunge on a floor beam.
2. Lever into a split handstand about 1-2 ft. from the high surface.
3. Maintaining the split handstand place one foot on the surface. Switch legs.
4. Finish by levering back to a lunge.

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BB19

Beam

KNEELING MOUNT



1. Start by jumping to front support.
2. Slowly lift legs in a pike until knees are above beam.
3. Bend legs and place one or both knees on the beam.
4. Finish by standing up.

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BL5

Block Drills on Beam

SIDE CARTWHEEL HANDSTAND OVER BLOCK



1. Start in strong lunge with block right in front of cartwheel leg.
2. Initiate side cartwheel handstand with neutral hands beyond block, head in.
3. Hold handstand if possible or spot by supporting hips.
4. Finish with arms by ears facing the beam, slight plié.

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Equipment:

Floor Beam Resi
Pacman/Wall

Equipment:
Beam

Equipment:
Beam
Foam Block

Floor Remove Event

BS9

Backward Salto

BACKWARD FLIP OVER MAILBOX



1. Start leaning back on a mailbox or similar mat.
2. Get into a bridge position with hands flat on the ground.
3. Pull legs up into a tuck and look at knees.
4. Finish in a squat on the other side of the mailbox.

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C3

Cartwheel Progression OVER A MAT WITH FOAM BLOCK



1. Start in strong lunge facing a panel mat with a block in the center.
2. Cartwheel over mat placing one hand on either side of the block using T hands.
3. Squeeze the block with your forearms as you leave the mat.
4. Finish in a strong lunge facing opposite direction with block overhead.

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ER1

Floor

ENDO ROLL ON MAT



1. Start with hands flat and arms straight on the end of a panel mat.
2. Keeping legs in a compressed straddle, jump to a forward roll without touching head.
3. Push hands through the middle and lift legs.
4. Finish in a straddle support position on the end of the mat.

Connect multiple panel mats or boxes together to do a series.

Equipment:
Panel Mat

Equipment:

Mailbox

F2 Forward Salto Progression

FORWARD ROLL ON TUMBLE TRACK



1. Start with palms flat on wedge.
2. Jump to lift hips upward (can do 1-3 times).
3. Push through arms and do a forward roll.
4. Finish standing with arms by ears.

*Considering adding travel jumps down the tumble track to the start.

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Equipment:
Tumble Track
Wedge Mat

FS4

Floor

DIVE ROLL



1. Start with a short run and punch.
2. Jump into a slight stretch position before initiating the forward roll.
3. Keep arms by ears and head neutral through the flight phase. (Not shown in second picture)
4. Using hands to roll, tuck chin and round the back.
5. Finish standing with feet together, arms up.

Not for Distribution Beyond Purchasing Gym

Equipment:
8 incher
Soft Mat

H10A

Floor

STRADDLE PRESS DRILL



1. Start with hands on floor and legs in straddle on a panel mat.
2. Hop your legs off the mat 2-3 times, shifting your weight to your arms.
3. Keep your head in and aim to have hips above wrists.
4. Then hop or lift your legs to half/full handstand.
5. Finish with legs on the resi behind the panel mat.

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Equipment:
Panel Mat/Resi

- Get into a bridge position with hands flat on the ground.
- Pull legs up into a tuck and look at knees.
- Finish in a squat on the other side of the mailbox.

Not for Distribution Beyond Purchasing Gym

Equipment:
Mailbox

F2 Forward Salto Progression FORWARD ROLL ON TUMBLE TRACK



- Start with palms flat on wedge.
- Jump to lift hips upward (can do 1-3 times).
- Push through arms and do a forward roll.
- Finish standing with arms by ears.

*Considering adding travel jumps down the tumble track to the start.

Not for Distribution Beyond Purchasing Gym

Equipment:
Tumble Track
Wedge Mat

H13 Handstand HANDSTAND FORWARD ROLL DRILL



- Start standing in front of a wedge or panel mat.
- Kick to handstand.
- As you begin to fall forward, look at toes and keep arms straight.
- Pass through candle.
- Finish by rolling up to stand or in a flatback.

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Equipment:
Wedge/Tall Panel Mat

- using T hands.
- Squeeze the block with your forearms as you leave the mat.
- Finish in a strong lunge facing opposite direction with block overhead.

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Equipment:
Panel Mat
Foam Block

FS4

Floor DIVE ROLL



- Start with a short run and punch.
- Jump into a slight stretch position before initiating the forward roll.
- Keep arms by ears and head neutral through the flight phase. (Not shown in second picture)
- Using hands to roll, tuck chin and round the back.
- Finish standing with arms up.

Not for Distribution Beyond Purchasing Gym

Equipment:
8 incher
Soft Mat

HS5

Handsprings JUMP FLY BACK



- Start by standing on the mini tramp or board.
- Jump forward and drive arms down.
- Jump up and back, driving arms up and pushing through the toes to land on shoulders on the trainer.
- Finish with tight body position or add an arch.

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Equipment:
Mini Tramp Table Trainer
2 incher

- Push hands through the middle and lift legs.
- Finish in a straddle support position on the end of the mat.

*Connect multiple panel mats or boxes together to do a series.

Not for Distribution Beyond Purchasing Gym

Equipment:
Panel Mat

H10A

Floor STRADDLE PRESS DRILL



- Start with hands on floor and legs in straddle on a panel mat.
- Hop your legs off the mat 2-3 times, shifting your weight to your arms.
- Keep your head in and aim to have hips above wrists.
- Then hop or lift your legs to half/full handstand.
- Finish with legs on the resi behind the panel mat.

Not for Distribution Beyond Purchasing Gym

Equipment:
Panel Mat/Resi

Horizontal Bar Remove Event

HB20 Horizontal Bar DEAD COW



- Start by doing some bent knee tap swings in front of a soft surface.
- When ready, extend the front swing out and release the bar continuing in the same direction.
- Round the back and land in a bent leg hollow position on the surface, keeping arms by ears. (not shown)
- Finish here.

*For a challenge, do this to a wedge and have the gymnast initiate a backward roll down the wedge after they land. Not for Distribution Beyond Purchasing Gym

Equipment:
Low Bar/High Bar
Pit Pillow/Pit/Wedge

HB8 Horizontal Bar CAST



- Start in a support position on the bar, pushing down and keeping tension.
- Bring legs forward to a pike position with toes in front of the bar.
- Swing the legs back, keeping shoulders over the bar.
- Hips should leave the bar and body should remain hollow.
- Finish in support position or connect to another skill.

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Equipment:
Low Bar

Strength Remove Event

M1 Strength BEAM SIT UPS



- Start in straddle sit position.
- Squeeze beam with legs.
- Lay back on beam and initiate situps.
- Finish in straddle sit.

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1. Start by lying prone with knee tap swings in front of a soft surface.
 2. When ready, extend the front swing out and release the bar continuing in the same direction.
 3. Round the back and land in a bent leg hollow position on the surface, keeping arms by ears, (not shown).
 4. Finish here.
- *For a challenge, do this to a wedge and have the gymnast initiate a backward roll down the wedge after they land. - Not for Distribution Beyond Purchasing Gym

1. Start in a support position on the bar, pushing down and keeping tension.
 2. Bring legs forward to a pike position with toes in front of the bar.
 3. Swing the legs back, keeping shoulders over the bar.
 4. Hips should leave the bar and body should remain hollow.
 5. Finish in support position or connect to another skill.
- Not for Distribution Beyond Purchasing Gym

Equipment:

Low Bar/High Bar

Pit Pillow/Pit/Wedge

Strength Remove Event

M1

Strength BEAM SIT UPS



1. Start in straddle sit position.
2. Squeeze beam with legs.
3. Lay back on beam and initiate situps.
4. Finish in straddle sit.

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Equipment:

Beam

Tramp Remove Event

T0

Tramp SAFETY FALL



1. Start standing on tramp or other surface.
2. Hug yourself with one arm then the other, crossing them on your chest. Tuck your chin.
3. Fall back onto the mat staying tight in a hollow position.
4. Finish lying on mat.

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T3

Tramp SEAT DROP



Trampoline takes a lot of strength and coordination to be safe. Before attempting this skill, have students do it on an 8 inch mat or pit pillow making sure the bottom and legs hit simultaneously. See T3A.

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Equipment:

Trampoline
soft mat

Uneven Bars Remove Event

B41A

Bars

GLIDE SWING WITH SLIDER



1. Start with toes on the slider and heels on the floor as a brake.
2. Holding the bar, lean back and round the chest.
3. Lift heels off the floor and push toes forward to a straight body position, eyes on toes.
4. Finish by sliding back to neutral.

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B47

Bars

PARTNER ASSISTED TUCK HANG WITH BLOCK



1. Start hanging on the bar.
2. Tuck your knees up to horizontal.
3. Have your partner place a pit block on your knees.
4. Finish by lowering down.

*Add a challenge by shimming across the bars without dropping the block.

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Equipment:

Low Bar
slider

Equipment:
High Bar
Foam Block