

BEGINNING GIRLS 2

Vault

- Smash, swing, straight jump from medium block to medium block or 3 - 8 inch mats; starting from a bad leg lunge
- Run, smash, swing, straight jump up to 3 - 8 inch mats
- Baby dive roll from springboard to 1 or 2 - 8 inch mats (leg extension)
- Dive roll from trapezoid w/springboard to 2 - 8 inch mats (arms up, legs extended)
- Run, hurdle, dive roll to 2 - 8 inch mats
- Principles of a Front Tuck: Front tucks from trapezoid or springboard to 1 - 8 inch + pillow or on Tumble Trak
- Smash, swing, tuck jump from a medium block to 1 - 8 inch mat
- Run, smash, swing, tuck jump to 1 - 8 inch mat with safe landing

Balance Beam

- Walking Drills in Releve
- Pivot Turns (done in walking drills)
- Straight Jump (in place)
- Cartwheels (on floor beam)
- Open Handstand (on floor beam)
- Round-Off Dismount

Uneven Bars

- Pull Over (light spot)
- Back Hip Circle (no cast, with coach)
- 5 Casts (hips must leave bar)
- Jump to Straddle Hang
- Straddle Fall
- Straddle Shoot from Push
- 5 Chin-Ups (with feet on a box)

Floor Exercise

- Handstand
- Handstand Forward Roll (light spot)
- Cartwheel Step-In
- Hurdle, Cartwheel
- Round-Off (from a mat)
- Back Bend (with an 8 inch mat)
- Kick-Over (off small panel mat)

