

GIRLS GYM ACES

APPARATUS



VAULT



- Various Postures and Positions for developing vault
- Accelerated Sprint
- Run - Hurdle - Handstand Flatback (90cm) landing mat
- Front Somersault on 30cm landing mat

BARS



- Gymnastics Static Postures and positions
- Glide Swing Connections
- Pullover
- Cast - Back hip Circle
- Step on low bar - Jump to high bar development
- Long Swings
- Swing Pullover
- Undershoot development

BEAM



- Gymnastics Static Postures & Positions
- Kick Combinations
- Various positions and movements down on beam
 - Straddle hold, Front support, Swing to squat
- Jump Combinations
 - Straight Jump, Tuck Jump, Split Jump
- Full Handstand
- Cartwheel Development
- Walkover Development
- Landings off beam to motor bike
 - Backwards Jump/ Punch Jump
- Turns Combinations

FLOOR



- Gymnastics Static Postures & Positions
- Front Handspring Development
- Back Handspring Development
- Roundoff Development
- Salto Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Walkover Development
- Assorted Split Leap Combinations
- Turns

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PREPARATION



STRENGTHENING



- Chin ups, chin up holds, chin up pullovers
- Tuck hang, tuck ups, tuck throughs
- L hangs and leg lifts
- Push ups and Dips
- Inverted rows
- Support holds and walks
- Sit ups, tuck snaps and V-snaps
- Rope climb in scissors
- 40-50cm box jumps
- Single leg squats, hops and lunges

FLEXIBILITY



- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle, Wolf, Split, Full Turn, 1.5 or 2.0 turn
- Body bounces:
 - Front support/ Camel Walks/ Handstand Pops/Back and Belly bounce Combinations/ Peanut Rolls (FWDS & BWDS)
- Front somersaults on the trampoline
- Fly-spring on the trampoline
- Back handspring and Back Somersault Drills
- $\frac{3}{4}$ front layout to back

BODY PREPARATION



- Tuck sit, rock n roll, rock n roll to stand up on one leg
- Angry Cat/Happy Cat
- Front support/back support/side support/plank and side plank
- Dish/Arch/side hollow holds & rocks
- Straight shape
- Tuck, pike, L handstand, wall handstand, free handstand, handstand walking
- Correct take-off and landing technique
- Falls training

TRAMPOLINE



- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle, Wolf, Split, Full Turn, 1.5 or 2.0 turn
- Body bounces:
 - Front support/ Camel Walks/ Handstand Pops/ Back & Belly Combinations/ Peanut Rolls (FWD & BWD)
- Front somersaults on the trampoline
- Fly-spring on the trampoline
- Back handspring and Back Somersault Drills
- $\frac{3}{4}$ front layout to back