

10 minutes: Warmup games

5 minutes: Conditioning (push-up circle, wall sit 1 minute, 20 box jumps, 20 dips)

5 minutes: Stretch

5 minutes: Vault warmup (do all vaults twice)

- Step through
- Speed vault
- Cat Pass
- Dash vault
- Reverse vault
- Cash vault
- Lazy vault
- Shoulder roll
- Dive roll

10 minutes: Flip circuit

- set up sideflip, Webster and backflip stations. Assist backflips off tramp.

10 minutes: Wall Spin

- Set up angled wedge against a wall at lowest possible angle.
- Explain hand placement and spotting and get them to jump their way over the angle without moving their hands. Eventually they should be spinning all the way over without touching the angle with their feet.
- Once they can do that, move the angle to the highest angle and repeat the steps.
- For more advanced classes/kids set up a small mattress beside a flat wall and do the same steps until the wall spin is perfected.

10 minutes: Wall flip

- Set up wedge at highest angle on top of a crash mat. If you have an assistant coach, set up a station where they can spot backflips off a trampoline and create a circuit.
- First two turns kids push off the wall with one foot as high as they can landing on their back to understand the motion and foot placement. (Do not teach two step wall flips) Foot placement should be with knee at 90 degrees, standing arms length away from the wall.
- Start with a heavy spot assisting the wall backflip until you are confident you can move to a lighter spot and then eventually no spot.

5 minutes: Speed runs

- If you have time, run through timed Speed runs. Kids should know the course.

5 minutes: Warm down and stretch