

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: Pick one specific vault and work drills to perfect it. For kids who can already do the vault, set up a harder station in another line with a more advanced version of the vault. (eg. one line will do cat pass, other line will do double or dive cat pass)

10 minutes: Dive roll work (dive ninja roll)

- Rolls on flat from one side of the floor to the other twice through.
- Repeat with dive rolls flat.
- Use a rubber spot on the ground in front of a crash mat to run a dive roll competition. Start with spot about 1 meter from the mat and move it back 30 centimetres at a time until the person who has the furthest dive roll onto the mat is left in line.
- If you have an assistant coach with you, get them to do more roll work with anyone who is out to keep them entertained.

5 minutes: Websters

- Set up a mat beside a wall or box that is about hip height for websters. Explain the move and then get them to attempt it. If they're having troubles you can either spot them or start them off with split leg dive rolls. If anyone is landing easily, send them to another box with a smaller mat or remove the mat completely.

5 minutes: Speed runs

- Speed runs should be timed from A-B one by one. Wigram is from the roof window to the end wall platform. Rolleston is a straight line through the side closest to the wall.

5 minutes: Warm down and stretch