

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

20 minutes: Line Building

- Run line building as a game of add-on. Start in one spot and one by one the kids do one single skills and add one move to the line until everyone has gone through and there are multiple skills in one line.
- Practice the line twice through as a group and then give feedback to the line they created. Tweak the line to make a more creative/flowing line and practice new line twice through.

10 minutes: Challenges

- Come up with 5-10 challenges (you can find challenges to use on the coaches website)
- Give kids 7-8 minutes to complete as many challenges as possible, supervise challenges and give harder or easier challenges to those who need it.

5 minutes: Warm down and stretch