

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.

20 minutes: Line building

- Create a circuit/direction the kids have to follow but don't show any skills. Explain that it is up to the kids to add skills in.
- After first run give feedback to the group and show a few creative flows and skills that they can attempt on their second turn.
- Give the kids a new circuit/direction and let them go through one by one and give personal feedback for each of them.
- Do one last run through of the new course so they can apply their corrections.

5 minutes: Warm down and stretch