

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: Side Flip

- First go over shoulder roll over soft boxes twice.
- Once they can do that add in a tuck during the roll. (Not tucking under legs)
- Add in arm motions
- Set up soft box in front of a crash mat and go through box assisted side flips.
- Once they can do that to their feet, remove the box and they can work on side flips onto crash mat from flat.
- If anyone can already do the side flip on flat ground, give them side flip twisting tips.

10 minutes: Lache pre (swing precision)

- Choose an easily reachable bar and two small boxes for takeoff and landing. Set up box to swing from one box to the other.
- Go through the difference between lache and underbar and when to use each one. Talk about how to generate power in the swing and how to stick the landing from swinging.
- Let them go through one at a time, moving the landing box further away each round until it is too hard.

10 minutes: Game of stick

- Play a game of stick in the hard box area with only precision jumps and cat hangs.

5 minutes: Warm down and stretch