

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

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: 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: Cat hang

- Set up a tall box 1 meter away from head height wall for cat hangs.
- Explain cat hang and bounce back techniques
- First get everyone to do 2 bounce backs and then move onto cat hang, moving the take off box back each time.
- End with showing 2-3 cat hang challenges and give kids 5 minutes to complete them.

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