

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: Game of stick

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

10 minutes: Flip circuit

- set up sideflip, Webster and backflip stations. Assist backflips off tramp.

10 minutes: Wall flip

- Set up wedge at highest angle on top of a crash mat. If you have an assistant coach, set up a station where they can spot backflips off a trampoline and create a circuit.
- First two turns kids push off the wall with one foot as high as they can landing on their back to understand the motion and foot placement. (Do not teach two step wall flips) Foot placement should be with knee at 90 degrees, standing arms length away from the wall.
- Start with a heavy spot assisting the wall backflip until you are confident you can move to a lighter spot and then eventually no spot.

5 minutes: Warm down and stretch