

DRAFT

2011 Prep Camp Skills and Drills

(Skills and drill sequences will be used at Prep camp 1 for athlete verification, accountability, and camp challenges-athletes attending camp should work to achieve these movements at the highest level of execution and technical refinement-it is the experience of the Region 7 staff that athletes who are able to perform these skills at a high level will have significant advantages in the Future Stars program)

	8-9	10-11	12,13,14
Floor Ex (all back pike somi must touch toes first)	RO 3 Back handsprings 5 Back handspring series tumble trac or spotted FX Pike toe touch to pike back drop on soft mats	RO 2 BHS to Pike Open (block drill) 5 series back handspring 2 handspring step outs to ft handspring to bounder (4 movements) 3 series whip back on t-trac	RO 2BHS Pike Open 3 whips (any surface) Front handspring bounder-bounder RO BHS Layout Front handspring to 2 or 3 front layouts (tramp, rod, or reg. Floor)
Pommel	3-6 saddle loops no pommel, floor horse 5-10 circlces floor mushroom	8-10 saddle loops, no pommel, floor horse Floor mushroom, 4 consecutive back-moore and front-moore combinations with circle in between	8-10 saddle loops, no pommel, floor horse Floor mushroom, 4 consecutive back-moore and front-moore combinations with circle in between.
Rings	4-5 Turn over swings and shoot to support (tucked or piked) L-support press to handstand use cables and show ring turnout	3-5 Turnover swings and shoot/felge to tucked planche with pause, then bail to tucked shoot/felge to tucked planche with hold L 5 seconds, press hand 5 seconds, return to L 5 seconds	3-5 Turnover swings and shoot/felge to tucked planche with pause, then bail to tucked shoot/felge to tucked planche with hold L 5 seconds, press hand 5 seconds, return to L 5 seconds 3 Turnover swings each approaching vertical/handstand
Vault	Round off from floor to 8 inch panel mat Front pike somi to mats, 36-48inches	Front pike to stacked mats 48 inches Round off pike open from vault board (block drill) Round off whip back to stacked mats	Front pike or rounded front lay to stacked mats 60 inches RO pike- open off board RO whip-bk off board
P-bars	Bail to back pull over (giant drill), may go thru support without grip release 5 Basic swing thru handstand to 10 sec handstand hold on final swing Drop kip 3 time to Lhold	Bail from horizontal support or higher to giant drill (to or thru support without hand release) Drop kip swing to handstand, then 3 basic swings thru handstand to 10 sec hold after last swing, lower to drop cast/undershoot off end.	Giant drill to or thru support without hand release or giant to handstand. Drop kip swing to handstand to drop kip swing hand to 2 power swings to early pirouette to front uprise swing hand
High Bar	3 Front giants then change direction to 2 back giants then a (¾/ baby giant) that goes thru support with straight to hollow body directly to under-swing (Straps) Cast handstand X 3 3 direct free hips each going to horizontal support or higher.	(10yrs)3-5 front giants and change direction to immediate free hip handstand connected to free hip hand, to 2 back giants and then ¾ or baby giant thru support with straight to hollow body directly to under-swing (strap bar) (10yrs)reverse grip cast handstand, hop to over-grip and flyaway dismount 2 Front giants to early pirouette returning to 2 front giants and early pirouette to regular giant to ¾ giant and undershoot 3 direct free hips to horizontal or higher	2-3 Front Giant to early pirouette to 2 front giants and early pirouette to immediate free hip Stem rise to undershoot with ½ turn swing forward in mixed grip and switch hand to reverse grip then front giant front giant to either stoop toe circle, stoop support circle or jam From 3 or more giants ¾ giant to undershoot 3 direct free hips 3-5 fwd and back swings with posting arm grip change (regular to reverse and reverse to regular) attempting to arrive in handstand for each grip change
Strength	Straddle L press to handstand X3 Manna swings X3 with pause in each L-leg lifts X 5 L-rope, 6ft	Pike/stoop press X 5 (parallets) Handstand pushup X 5 Manna Swing X 5, with pause/hold in each L-leg lift X 20 L-rope climb 12 ft	Pike/stoop press X 5 (parallets) Handstand pushup X 10 Manna Swing X 5, with pause/hold in each L-leg lift X 20 L-rope climb 12 ft
Trampoline (all back pike must touch toes first)	Prep bounce, front drop to back drop Straddle toe touch to ack tuck kick out Pike toe touch to front tuck	Prep bounce and front drop to back drop. Prep bounce, straddle toe touch, back pike open with open at 45 to vertical Pike toe touch to front pike somi with late ½ turn	Prep bounce front drop to back drop Prep bounce, straddle toe touch, back pike open with open at 45 to vertical Cruise to bounce and then pike toe touch to front pike with late ½ turn