

BEGINNING GIRLS 2

Vault

Hurdle, Arm Swing (off trapezoid, to 3 8" mats)
Run, Hurdle, Under-Arm Swing (3 8" mats)
Baby Dive Roll (with leg extension)
Hurdle, Dive Roll (off trapezoid, to 3 8" mats)
Run, Hurdle, Dive Roll (3 8" mats)
Kick to Handstand, Flat Back (8" mat)

Uneven Bars

Pull Over (light spot)
Back-Hip Circle (no cast, with coach)
5 Casts (hips must leave the bar)
Jump to Straddle Hang
Straddle Fall
Straddle Shoot (from push)
5 Chin-Ups (with feet on a box)

Balance Beam

Walking Drills in Releve
Pivot Turns (done in walking drills)
Straight Jump (in place)
Cartwheel (on floor beam)
Open Handstand (on floor beam)
Round-Off Dismount

Floor Exercise

Handstand
Handstand Forward Roll (light spot)
Cartwheel Step-In
Hurdle, Cartwheel
Round-Off (off a mat)
Back-Bend (with an 8" mat)
Kick-Over (off small panel mat)

