

# INTERMEDIATE GIRLS

## Vault

Principles of a Front Tuck:

Tuck Shape, Knees Apart,  
Head Down, Pull Down on Knees.

Hurdle, HS Fall Flat (off trapezoid, to 2 8" mats)

Run, Hurdle, Handstand Fall Flat (3 8" mats)

Dive Roll (to pit)

Front Tuck Concept (to pit)

## Uneven Bars

Pull-Over

Cast, Back-Hip Circle (light spot)

Straddle Shoot (off box)

Pike & Split Hang

Single Leg Shoot Through (drill)

Squat-On (drill)

Mill Circle (with coach)

5 Tap Swings (low bar)

## Balance Beam

Tuck Jump

Open Handstand (low beam)

Cartwheel (low beam)

Side Handstand to Push-Up (on wall)

Side Handstand (on medium beam, with a spot)

Bridge Kick-Over (on floor beam)

## Floor Exercise

Front Limber

Tick-Tocks

Round-Off to Knees (drill)

Hurdle, Round-Off (off panel blocks)

Back Bend + Kick Over

Back Handspring (with boulder)

Dive Roll (onto 8")

Front-Tuck (on Tumble Track)

