

BOYS Red Stars

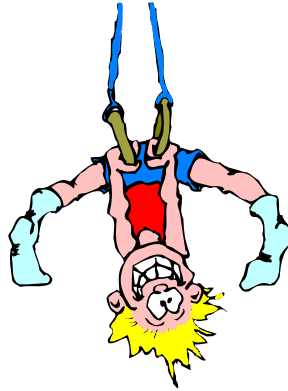
FLOOR

1. Body Positions
 - a. Tuck, Pike, Straddle, Lunge,
 - b. Straight, Hollow, Arch
2. Splits (Proper technique)
3. Fall Drill
4. Candle Stick
5. Forward Roll
6. Backward Roll
7. Cartwheel (Proper technique)
8. Lever
9. Handstand
10. Scale hold 5 sec.

HORIZONTAL BAR

1. Wiggles
2. Jump to support
3. Glide Swing
4. Pike basket
5. Straddle basket
6. Support Shimmies
7. Casts hips off bar
8. Forward roll
9. Pull over w/ light spot
10. L hold- low bar 10 sec.

Skills



POMMEL HORSE/MUSHROOM

1. Body Positions
 - a. Front and back
 - b. Right and left
2. Walking Circle Drill
3. Front swings on pommel
4. Back swings on pommel
5. Tuck hold 10 sec.

TRAMPOLINE

1. Straight Jump
2. Tuck Jump
3. Straddle Jump
4. Pike Jump
5. Seat Drops
6. Backward jump

PARALLEL BARS

1. Bail Out
2. Straddle Travels
3. Bear Walks
5. Crab Walks
6. Long Hang Climb
7. Jump to support
8. 10 swings
9. L hold 5 sec.



VAULT

1. Running Drill
 - a. High Knees
 - b. Booty Kicks
2. Arm Circle on Floor (S)
3. Arm circle straight jump on spring board
4. Squat-on on vault/block
5. Dismount Finish
6. Donkey kicks
7. Tuck jump dismount
8. Power hurdle/long jump

STILL RINGS

1. Swings
2. Pull to Invert
3. German Hang
4. L Hold 5 sec.
5. 5 tuck ups
6. 5 straddle leg lifts

