

SIDE STATIONS IDEAS FOR RECREATIONAL GYMNASTICS

Simple Jumps & Leap exercises

- Jumping side to side along a rope forwards or backwards with hands on hips.
- Jumping, lunging, or leaping in a zig-zag pattern from spot to spot (across a rope)
- Straight jumps or bounces holding bean bag between knees between markers (arms up by ears).
- Cat Leap long raised narrow surfaces such as a bench. Add bean bags for challenge or low split leaps.
- It can also be done travelling from hoop to hoop.
- Gymnasts can try and Cat Leap over a low obstacle.
- Split Leap - add obstacles like a line of foam pieces, or have a row of spots, with the gap getting a little wider between each one .



Linked Jumps & Leaps

- Chassée Cat Leap, Chassée Scissor Kick.
- Chassée Stag Leap, run and Split Leap.
- Tuck Jump, Star Jump / Star Jump, Jump Half Turn / on each spot
- Jump from 2 feet to 1 in Stag shape, chassée Scissor Kick.
- Jump Full Turn, jump from 2 feet to 1 in split position (Scissone), step and Cat Leap.

Bunny Hop

Against a wall, trying to tap feet.



- Use hand apparatus for static Bunny Hop; Inside Hoops, using Beanbags between the knees or feet.

- Travelling hops side to side over a rope, floor beam or bench



- Between latex spots, or into a row of hoops.



- Bunny Hop onto a low platform.



- Along a raised platform



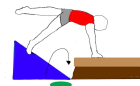
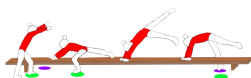
- Straddling on and off along a bench



- Sideways Bunny Hop off a low platform. For this skill, the child must place their hands sideways to their body before jumping the legs round. In this diagram, the child is leaning to the left to place the hands, before jumping the feet round the side.



- Cartwheel action side to side over bench
- Cartwheel action with hands on box top, hopping straight legs over a wedge.



• **Flicking The Beanbag**

Starting on all fours, place a bean bag at the bottom of the spine. The child then tucks the feet under and performs a bunny hop trying to flick the bean bag over their head. They can aim for a hoop or spot.

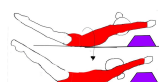
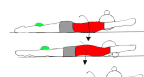
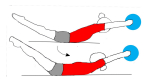
This can be done with bent knees or to straight legs for a more advanced version.



Simple Rolls

Log Roll / Dish arch

- Rolling straight between 2 parallel ropes
- Holding a ball between the hands, not allowing it to touch the floor
- Holding a bean bag between knees (easier) or feet (harder)
- Dish / Arch using a floor beam - Either to roll without the hands or feet touching the beam.



Flicking The Beanbag - Forward Roll Drill

- Have the children start on all fours with their toes tucked under.
- They then place a bean bag on their lower back, and keeping their hands and feet on the floor, and head tucked in, quickly straighten their legs keeping their feet on the floor.
- They can advance from this to tucking the head and rolling out.



Rolling out:

1. From kneeling off the end of a matted bench.
2. From a high Pike position on hands and feet off a stack of mats or crash mat.
3. From tummy, sliding over and placing their hands on the floor off a block or soft play box.

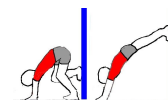


Roll to Straddle Stand drill - From rocking tuck position or bent knee Shoulder Stand on box top, roll forward, place hands at the end of the box top, lean forward and push to straddle stand.



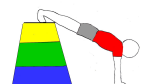
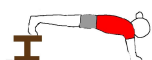
Weight on Hands

- Facing away from a padded wall (use a crash mat or similar), get the child to bend over in a pike and place hands on the floor. The child then takes the weight on the hands, and walks the feet up the wall to ideally a straight held position.



Taking the weight on the arms using increasing heights for the legs:

- Start by moving along a bench, feet on the bench, hands on the floor.
- Try raising the height by using stacked mats or a soft play box and move along sideways.



Note that the closer the hands are to the platform, the higher the hips need to be lifted, and the more vertical the torso becomes, giving a progressively truer feel of the Handstand shape.

- Use parallel ropes which start quite close together, but end wider apart. Have the gymnasts move along sideways with their feet on one side of the rope, and their hands on the other, so they go from a deep Pike Fold to Front Support.



- You can also do this in Crab, single or double ropes.
- Lying stomach down on a platform set at hip height (perhaps, a soft play box or block), the child slides over and places hands on the floor close to the bottom edge of the platform to ensure a straight line from the shoulder to the hand:

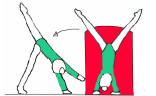
1. From this position, one leg can be lifted to create a 'half' Handstand, which can be held for a few seconds.



2. Alternatively, the knees are drawn into a kneeling position. The child then extends one leg up vertical, keeping the other knee still. Holding this position gives the child a good idea of the feeling of being totally upside down and taking their body weight.

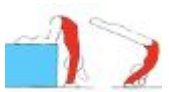


Cross-skill exercise - Kick up to Handstand, Cartwheel out (easier) or Walk feet up a padded wall, block or similar to Handstand, Cartwheel out (harder).



Handstand Forward Roll Drill - Straight Arms

- Have the gymnast kneel on a raised surface, roughly hip height, and place hands on the floor. Ask them first to tuck their head, so they can see the block behind them, then start to move the shoulders beyond the hands until they have no choice but to roll out. Ask them to keep the knees away from the nose and try and hold the Dish shape as long as possible.



One leg can then be raised up to vertical for more of a challenge



(Tumbling) Hurdle Step Exercises for Floor

In order of difficulty

- Stretch jumps that move forward. Have the gymnast jump, with arm swing, from one spot to another or perhaps line to line. Increase the distance between the spots.
- Repeat the exercise, but add a 3rd spot. Jump from 2 feet to two feet, then take a step into a lunge with arms up by the ears.



- Jump from 2 feet to 1 foot, and lunge.



- Jump over a row of low foam pieces. Jump from 2 feet to 2 feet, then add a Mountain climber.



- Jump from 2 feet to 1 and run out.

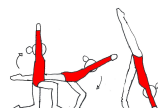


- Short run-up before hopping from one spot to next, then running out.



Also

- Needle kicks from kneeling



Arm Pushing Exercises

- Cartwheel between 2 stacked mats to encourage strong push out of shoulders, and quick lift of chest.



- Fast Cartwheel up a slope to finish with chest and arms up at the top.

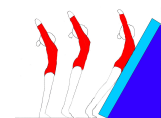


- Caterpillar shoulder pops on line of spots. Pop the shoulders to move forward a spot each time

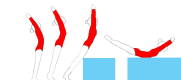


Front Handspring Stations

- Correct landing shape drill. In front of a thick, soft crash mat (either flat or on a slope), have the gymnasts stand in Arch, arms back, head tucked between the arms. Fall forward onto the mat keeping the same shape.

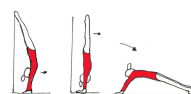
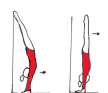
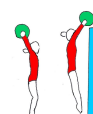


If done correctly on the mat, the retained arch shape should allow the gymnast to 'rock' on the mat, rather than simply go flat. Note how the hips are in front of the feet.



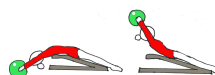
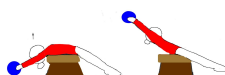
Back Handspring Stations

- Arch to Dish snap practise using ball and crash mat or block against wall. Gymnast arches through the shoulders, then jumps and snaps to dish, depositing the ball onto the mat.
- The gymnast goes into a Handstand with toes resting on a padded wall, hands slightly away so that an arch is created in the shoulders. From here, the gymnast must bounce the feet away from the wall, and pull the core and shoulders in to come to a straight handstand, before returning the feet to the wall, and repeating.
- The exercise can be developed to include the exiting dish shape. From the straight handstand, the gymnast can rotate around the shoulders, dropping the legs down into a dished front support.



Plus conditioning side stations

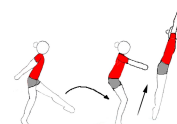
- Dish ups / Arch Ups using wall bars or Springboard & optional ball.
- Over box top for advanced gymnasts.



VAULT

Rebound exercises

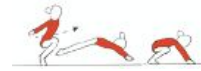
- Step and jump to two feet on a spot, with arms behind the body.
- Step and jump to two feet on a spot, arms behind the body, then swinging them up into a stretch jump.
- Running a few steps, then jumping onto the spot and stretch jumping with arm swing as above.
- You can add a target to help lengthen out the step and jump to add challenge.
- Stepping up and over a bench or box top. Step up with one foot, swing the second leg through and land on two feet.
- Repeating the above, but with an added jump at the end (making sure the arms are down on landing ready to swing up).
- Here the challenge is to use the rebound jump to jump over an obstacle from 2 feet to 2 feet.
- The gymnast can Straddle or Squat through on top of a slope, bringing the legs round the outside of the arms, or through the middle, quickly bringing the hands up to allow the legs to join together.



- From Front Support, this time have the gymnast jump the feet around the outside of the arms bringing the feet together into Long Sit, or through the middle.



- Cat springs from hoop to hoop, or spot to spot starting with arms back.



- Blocking action: From kneeling on a landing mat, the gymnast swings the arms forward and up towards a piece of soft play. (Here we are using a wedge shape). The aim is to fully extend the upper body to make contact with the soft play, and using the shoulder push action, make the soft play shape move forward. Gymnasts must ensure they are using the shoulder push only and not bending the arms to make the soft play move.



- Handstand Flatback, knocking over a wedge.

