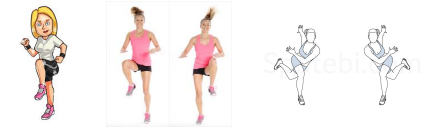

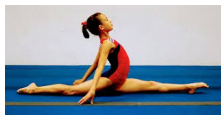






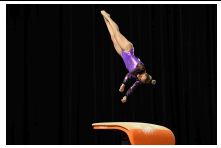



GIRLS TEAM TRAINING at HOME

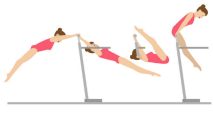

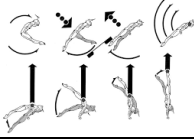


WARM UP:

SKILL:	IMAGE:	EXERCISES:
Cardio		2 Min. Cardio Warmup
Leg Kicks		Leg Kicks All Directions
Splits		Left And Right Splits Middle Split (DON'T BOUNCE)
Wrists & Ankles		Wrist Stretches Foot Stretches For Toe Point
Bridge		Bridge & Kickover
Handstand		Handstands
Dance Warm Up		Knuckles Dance Warm up

VAULT:

SKILL:	IMAGE:	EXERCISES:
Run		<ol style="list-style-type: none"> 1) Sitting Arm Swings (50X) 2) Butt Kicks In Place(No Arms) (30X) 3) High Knees In Place (W/Arm Swing) (30X) 4) High Skips In Place (20X) 5) Angled Wall Hold 15 Sec. (Choose Level) 6) Handstand Walk Downs (10X) <p style="text-align: center;">Running Mechanics</p>
Hurdle		<ol style="list-style-type: none"> 1) Kneeling Lift (10X Each Leg) 2) Kneeling Lift W/Jump (10X Each Leg) 3) Hurdle From Knee To Needle Kick (10X) 4) Hurdle From Knee To Cartwheel Step-In(If You Have Room) (5X) 5) Jumping Knee Lunges (25X Each Leg) 6) Long Jump Stick (10X) 7) Calf Raise Relieve Hold 3 Sec. (7X, 3 Sets) <p style="text-align: center;">Hurdle Drills</p>
Block		<ol style="list-style-type: none"> 1) Wall Pushes (10X) 2) Over Head Shoulder Shrugs W/Up To 10 lbs. (20X) 3) Push Up Position To Block Onto Elevated Surface (10X) 4) Traveling Hops In Push Up Position (15X) 5) Handstand Pops On Floor & Onto Elevated Surface(Be Careful) (10X Each) <p style="text-align: right;">Blocking Drills</p>
Landing		<ol style="list-style-type: none"> 1) Wall Sit (1Min.) 2) Squat To Straight Jump Stick (15X) 3) Pistol Dips(10X Each Leg) 4) Candlestick Roll Up Jumps(Straight, Tuck, 1/2 Turn, Full Twist) (5X Each) <p style="text-align: center;">Sticking Drill</p>

BARS:

SKILL:	IMAGE:	EXERCISES:
Glide Swing Kip		1) Hollow Rocks (25X) 2) V Ups (25X) 3) Leg Lift Hold(If possible) (10X) 4) Pull Downs W/Bungee(If Possible) (10X, 2 Sets) 5) All Exercises In Video W/"Bar"(Be Creative) (10X Each) <p style="text-align: right;">Kip Drills</p>
Cast		1) Push Up Position One Arm Step Downs (10X Each Arm) 2) Push Up Position On Arm Leg Touch (10X Each Arm) 3) Push Up Position Shoulder Lean W/Slider Or Ball (10X) 4) Support Hold On Floor Or Bar W/Ball(20 Sec.) (3X) 5) Push Ups In Support Position On Bar(If Possible) (10X) <p style="text-align: right;">Cast Drills 1 Cast Drills 2</p>
Cast Handstand		1) Straddle Press Handstand against the Wall (5X) 2) Handstand Hold On Wall, Straddle down Toe Touch Press Handstand (5X) 3) Press Handstand without Wall Hold 3 sec (5X) 4) Push Up Position Pike Ups W/Slider Or Ball (10X) 5) Press Hold Against Wall(Both Directions) (5X Each) <p style="text-align: right;">Cast Handstand Drills</p>
Pirouette		1) Handstand One Arm Leg Touch (With Or W/O Bar) (5X Each Arm) 2) Kick To Handstand Pirouette, Finishing Before Body Touches Wall (5X) 3) Hollow Ups/Arch Ups Between 2 Objects (30 Sec.) (2X) 4) Hollow Roll Drill (See Video) <p style="text-align: right;">Pirouette Drill Pirouette Drills 2</p>
Press Handstand		1) Press Walks (20X) 2) Hollow Support Position Pike Press Fwd. Roll (See Video) (10X) 3) Kneeling Jump To Pike Hold (See Video) (10X) 4) Press Handstand With Feet On Elevated Surface (5X) <p style="text-align: right;">Press Handstand Drills</p>