

Tumble Class Curriculum & Layout



1st Week of the Session

All levels will solely focus on technique, basics, strength and conditioning

Skills: Handstands, cartwheels, bridges, back walkovers, round offs, front walkovers, round off back handsprings, round off backhandsprings

Core Conditioning: Crunches, v ups, bicycles, Russian twists, sit ups, hollow holds, hollow rockers, flutter kicks, scissor kicks, lemon squeezes, ABCs, planks (center, R, L), superman, reverse sit up, oblique dips, mountain climbers, partner abs

Leg Conditioning: Squats, squat jumps, box jumps, lunge jumps, calf raises (in, out, feet together, single leg), step ups (fwd, R, L), candle stick roll (single and double leg), lunges with weights (FW, BW, R, L, 45 degree), 1 leg calf raise, sprints, glute bridges, nordic hamstring

Upper Body conditioning Handstand shrugs, serratus punch, planks (center, L, R), pushups, handstand push ups shoulder shrugs (weights), reverse forearm pushups, small arm circles

Class Layout

1. Class starts on the hour "5 pm", Coaches will call for kids @ beginning of class
2. Attendance taken @ coach blakes desk in gym – athlete must check in to participate
3. Dynamic warm up (10 min)
 - a) Warm up going up and down panel mats – condition & stretch simultaneously
 - b) Continuous process: NO athlete should be standing or sitting
 - c) Process:
 - High knees
 - Butt kicks
 - Lunge walks F/B (hands on hips)
 - Kicks straight hold 2 sec
 - Lunge walks L/R (hands on hips)
 - Squat jumps
 - Hip rotators
 - Arm circles forward & backward (big and small)
 - Inchworm no push up, walk ½, hop ½
 - Arch & hollow rolls
 - Forward roll to straddle
 - Forward roll to R/L split
 - Bridge walk
 - d) Immediately following dynamic warm up are line drills and tumble warm up

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Class Layout (cont.)

4. Line Drills & Basics (10 min)

a) Line drills and basics should run width of the floor:

- Releve' F/B
- Bunny hop F/B
- Forward roll jumps
- Continuous forward rolls
- Continuous backward rolls
- Back extension rolls
- Handstands
- Handstand block
- Handstand bridge
- Handstand forward roll
- Cartwheels (regular, opposite)
- Round offs (punch backs & rebounds up)
- Front walkover
- Back walkover – foot 6" off ground
- Front handspring
- Back handspring
- RO BHS
- Standing multiple BHS 4+
- RO multiple BHS 3+
- RO BHS tuck
- Standing multiple BHS to tuck
- Punch front
- RO BHS layout
- Standing tuck
- Standing multiple BHS to layout
- RO BHS full
- Standing multiple BHS to full
- RO BHS Double full

Systems

1. Rotating system (30-40 min)

a) 3-4 major stations: stations & drills, tumble track & technique, standing, running

b) Each major station: 10 min

c) Classes rotate

d) If classes still have time left at the end of the hour, coaches may choose how class ends; conditioning, recap, hard stretch (30 second holds)

- At least 1 conditioning exercise per 3 body groups, 3 sets of 25 reps each
- Cross tumbling, synchro tumble, tumble track, rod floor

At the conclusion of class, coaches are to walk athletes to lobby door AROUND rod floor.



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