Competitive Dryland

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| Lesson Plan 1 | Time/Reps |
| Warm Up* Jogging on the spot
* High knees
* Bum kicks
* Squat and twist
* Lunges with arms up
* Lunge step through to arm twist
* Jumping jacks
 | 15 seconds for each movement X 2 = 3.5 minutes <https://youtu.be/N_PmwW6qGCg>  |
| Moving drills* Front toe walks
* Front roll
* Front tuck to pike roll
* Back toe walks
* Back roll
* Twister roll
* Candle sticks
* Hip ups
* Handstands
* Cartwheels
* Roundoffs
 | 1 in spot and repeat 3 times10 candle sticks, handstands, cartwheels, roundoffs  |
| Kickouts/Core* Hollow body hold arms down – hold, squeeze
* HBH w/ arms up – hold, squeeze
* Back hollow body hold arms down – head down, lift, squeeze
* BHBH arms up – head down, lift, squeeze
* Half tuck kickouts – tuck, kick, hold
* Full tuck kickouts – tuck, kick, hold, look, reach, bum up
* Tuck to pike kickouts – tuck, kick to pike, close
* Pike kickouts – pike, hold, T, I, look, reach
 | HBH/BHBH – 3 for 10 secondsAll kickouts – 3 slow, 3 fast |
| Jumps and arm swing breakdowns* Toe jumps with arms on hips – toes, knees, push
* Toe jumps with arms up – same as ready position
* Arm swing jumps – toes, knees, swing, push, jump – Y position
* 1, 2, 3, jumps – close T, Y, toes, knees, swing, push, jump
* TIO jumps – Arms down, bounce, T,Y/ I, knees, swing, push
* Lunge pulses
* Kneeling hurdle knee dive hands on hips
* Kneeling hurdle knee dive hands up – arms straight above head
* Lunge lift to hurdle position
* H snap down to pointed toes
* Lunge to hurdle snap down
* 2 steps, lunge (back leg flat), H, snap (on toes), bend, swing, up on toes
 | X3 for all back take offsX10 lunges each legX5 the rest<https://youtu.be/MczBYQ929WM>  |
| Simulations * 101c, Front dive tuck
* 103c, Front 1 and a half tuck
* 104c, Front double tuck
* 401c, Inward dive tuck
* 401b, Inward dive pike
* 402c, Inward flip tuck
* 403c, Inward 1 and a half tuck
* 201c, Back dive tuck
* 201b, Back dive pike
* 203c, Back 1 and a half tuck
* 301c, Reverse dive tuck
* 301b, Reverse dive pike
* 303c, Reverse 1 and a half
* 5231d, Back 1 and a half, half
* 5132, Front 1 and a half full twist
 | 2, 1 on each leg<https://youtu.be/J_KDnaZL3HY>  |
| Stretch * Pike L
* Pike R
* Pike both
* Butterfly
* Split L
* Split R
* Shoulders L
* Shoulders R
* Shoulders both
* Wrist
* Feet
 | Hold 15 seconds each <https://youtu.be/CHh_IJezqX0>  |