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 times  10 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 seconds  All 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 offs  X10 lunges each leg  X5 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> |