Developing Dryland

Tuesday/Thursday/Sunday

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| 1.Warm up in spot | 4. Takeoffs – **look at the ground** |
| * Jogging * High knees * Bum kicks * Squat and twist * Lunges * Jumping jacks * Plank | * 5 HOH jumps for height * 10 Armswings with pause at ears (no knees) * 5 Armswing jumps for height (Y) * 5 Armswing breakdowns (Y) – T, up on toes and close to Y, bend, swing and jump, feet in front in the jump * 7 123 (normal speed TYO) * TYO with rocks (toes rock rock, arms rock rock, close, bend, swing, jump * Standing twister jumps   \*look at ground 2-3 ft in front  \*tuck belly and bum under  \*loose shoulders, straight arms and hands  \*feet come in front, in the jump |
| 2. Rolls – stand up between rolls | 5.Crash Mat and Stretch |
| * Front toe walks * Front single with jump * Front one and a half * Inward one and a half * Round offs * Back toe walks * Back singles with jump * Back one and a half * Walking armswings * Skipping | Onto mat   * 102C * 401C * 201C   On mat   * Armswing 100 C * 102 C->B * 201 C   Stretch when not on the mat |
| 3. In spot core X 15 or 30 seconds | Extra if time |
| * Hollow Body Hold * Half tuck kickouts * Tuck to pike kickout * Candle sticks * Back dive tuck kickout – tuck, kick, look, reach * BHBH arms up * Back lifts * Pike ups * Handstands | Partner core   * Plank hold in air with leg drop * Hollow hold in air with leg drop * Hollow lower holding onto partners legs * Entry pulls   Strength   * Jump squats * Calf raises * Forward ball slams * Push ups |