

PRE-TEAM B SKILLS (Progressions)

Name: _____ Date initiated: _____

Age: _____

Skill	Accomplished (coaches initials)	Date accomplished
FLOOR		
Round off		
Cartwheel, lunge beginning and end		
Handstand (No Spot)		
Forward Roll (smooth)		
Bridge (Walk hands, in and back)		
Back and front walk overs		
Pike, Straddle, Tuck Jump (stick)		
10 push ups, 10 lemon squeezers		
Candle stick, lever		
Handstand forward roll		
Other-		
VAULT		
Run (faster) Time: _____		
Front tuck into pit		
Handspring fall on back to mat		
High Jumps (with form and stick)		
Straight Jump over mat		
Shoot troughs		
Squat on, jump off with stick		
Other-		
PARALLEL BARS		
Walk up and down the bars		

Skill	Accomplished (coaches initials)	Date accomplished
10 dips		
10 Swings		
L-Sit, swing, swing, L-Sit		
Straddle sit, through, swing, sit.		
Jump Support, hold 10 sec.		
40 second Underarm hold		
10 Underarm swings (work bk uprise)		
Forward off (no spot)		
Backward off (no spot)		
Other-		
POMMEL HORSE		
10 Swings		
10 Leg Cuts (right leg, no spot)		
10 Leg Cuts (Left Leg, no spot)		
10 push ups		
20 sec. support		
10 shoot throughs (no spot)		
10 circles with bucket (no spot)		
Other-		
HIGH BAR		
10 swings		
10 pull ups		
20 sec. front support		
Cast, Hip Circle		

Skill	Accomplished (coaches initials)	Date accomplished
10 Leg lifts		
Pull over (with no spot)		
Cast (no spot)		
Back Dismount (no spot)		
Other-		
Rings		
20 swings (good form)		
20 sec. front support (no spot)		
10 sec L-Sit (with no spot)		
Skin the cat, pull back through to swing.		
10 pull ups		
Drop off with stick (5 in a row)		
Inverted Pike (Hold with no spot)		
Inverted Hang (Hold with no spot)		
Other-		
Stretches/Strength		
20 Superman's		
20 Hollow body rocks		
20 Sit Ups		
Left, Right, Center fuller split		
10 diamond push ups		
10 wide arm push ups		
20 tricep pushups.		
Other-		

Once completed please have head coach test gymnast and sign below:

_____ Date: _____

