

## Pre-Team Requirements

- **Vault** – step-kick handstand flat back drills onto cheese mat, board drills working on correct approach, running drills, body position drills, heel drive drills, all working up to doing the handstand flat back vault (upgrade to over mat stack)
- **Bars** – 20-30 second chin hold or 1-3 pull ups, straight leg glide swings, front support (both hand positions), around the side scissor kick over the bar and back (beginner shoot through), straight leg casts with hips leaving the bar
- **Will be working on** – pullover, shoot through between the arms, front mill circle, front hip circle, back hip circle, under swing dismount
- **Beam** – walking in releve' fwd, sdw, bkw, with locked knees, single straight jump with correct arm swing, lame dog kick with foot leaving beam and or needle kick, pivot turn
- **Will be working** – fwd, sdw, bkw kicks in straight leg releve', handstands, side handstands with eventual ½ turn, snap turn
- **Floor** – kick to handstand, backward roll, forward roll, straight arm planche rock, backbend kick over
- **Will be working** – round off, back handspring (connected), handstand with straight arm forward roll, handstand into bridge kick over, back extension roll with straight elbows, ½ turn, full split position