

**Routines from 2.0 to 6.0 in 10 Weeks**  
**IHSGCA Coaches Clinic 2009**  
**Blaise Blasko**

**General Guidelines:**

1. All Athletes work All Around the first two weeks.
2. Develop compulsory routines.
3. Start with basics, end with requirements.
4. No extra swings.
5. Form
6. Holds
7. Stick dismounts.
8. If you need assistance in executing a skill, it is not ready to use in a routine.
9. Do routines in a meet situation.
10. Progress individuals as they learn different tricks.

**Tumbling:**

Cartwheel, round off, back extension, back roll.  
Handspring, forward roll, headspring. (rolls).  
Cartwheel, round off, back extension.

Front salto

Back handspring

Back salto

Front salto ½ twist

Work toward requirements. (alternates, bounders, ½ twist salto)

Front salto-front salto, forward roll, headspring

Round off, back handspring, back salto, back extension. (Round off back salto...)

Front salto ½ twist, back roll, back extension.

**Pommel Horse:**

Right single leg cut, single leg cut travel to middle, leg cuts, single leg circle, single leg cut travel to end, leg cut dismount.

Single leg circle to establish direction of leg work and establishing a routine.

Reverse leg circle to establish travel direction.

Scissors

Reverse scissors.

Scissor hop.

Reverse single leg circle travel.

Scissor hop ½ turn.

Loop off.

Khere in mount.

Moore mount.

Two loops, double leg circles.

From saddle, (Moore to reverse leaning support, right leg cut, left leg cut) Scissors hop ½ turn, leg cut travel to middle, right leg circle, reverse leg circle, right leg circle, reverse leg circle, ½ double leg circle, left leg cut, right leg cut, scissors, scissors hop to end, leg cuts, loop off.

**Rings:**

Hanging L, inlocate, inlocate, dislocate, dislocate, back salto or straddle off dismount.

Swing

Skin the cat hang and drop off.

Inlocate

Straddle or tuck salto off dismount.

Dislocate

Shoulder stand.

Straddle front lever or legs together front lever.

Back lever.

Muscle up.

Back Uprise.

Bail from shoulder stand.

Back uprise straddle L.

Front lever, inlocate, back uprise, L, shoulder stand, bail, back uprise to straddle L, forward roll, inlocate, dislocate, back salto.

**Vaulting:**

Don't use the vaulting table for the first two weeks.

Handstand fall to back, off panel mat into crash pad.

One step hurdle on to spring board, dive to handstand, fall to back.

Short run, off spring board, dive to handstand on stacked mats, fall to back on three foot mat.

Use plastic pipe, short run, off spring board, dive to handstand, fall to back.

Use spring board, vault on three foot stacked mats, doing handspring to the feet.

Use tape measure, teach speed running as main focus as do handspring over.

Keep increasing height of mats, use pipe to jump over.

Vault over table at low height

Increase height and focus on landings.

Mark lines on mat to motivate distance.

Work toward handspring vault for everyone in first meet.

**Parallel Bars:**

Under arm hang, back uprise, L, shoulder stand, roll, back uprise, L, shoulder stand, roll, back uprise, stutz dismount off.

Swing

Back uprise.

“L” hold.

Stutz dismount.

Shoulder stand.

Forward roll.

Glide kip.

Straddle L on one bar.

Drop kip.

Front salto to underarm.

Back salto dismount.

Cast

Handstand

Glide kip, straddle L, forward roll, back uprise, extra swing, front salto, back uprise, L, shoulder stand, forward roll, back uprise, extra swing, handstand, back salto dismount.

**High Bar:**

Kip, back hip circle, under swing, kip, back hip circle, under swing dismount.

Swing, get to 45 degree in front, pike up back, wrist position, drop off back.

Toe touch to bar.

Pull over.

Back hip circle.

Kip

Under cast swing.

Salto fly away.

Back uprise.

Cast to ½ giant.

Strap bar swing.

Cast into forward and reverse giant swings.

Kip, back hip circle, under swing, back uprise, back hip circle, under swing, back uprise, drop kip, cast off, salto fly away.

