

Pre-team & advancing

Advancing beginners

60 minutes

Spotted skills

Conditioning built in

Lesson objective: Spotted skills and conditioning for kids who have the basics: wall handstands, bridge kickovers and round-off entries.

EQUIPMENT & SETUP

Wall space, a floor line in tape, mats throughout, and a bar for chin-up negatives.

WHERE TO STAND

Spot the bridge kickover at the lower back and shoulders, and stay close on the handstand kick-up. Position yourself at the highest-risk station — this is where a coach's hands and eyes matter most.

BLOCK	TIME	WHAT HAPPENS	COACH CUE
Warm-up	10 min	Dynamic mobility plus a short conditioning block: hollow holds and arch holds, three rounds of 10 to 30 seconds each	Quality of shape over hold time
Station 1	6 min	Handstand against the wall: kick up and hold	Work toward a straight, tight shape
Station 2	6 min	Bridge and bridge kickover, assisted by the coach until the push is there	Spot at the lower back and shoulders
Station 3	6 min	Round-off entry over the line	Focus on the hurdle and hand placement
Station 4	6 min	Conditioning circuit: chin-up negatives, V-sits, hollow holds	10 to 30 seconds per exercise
Apply	8 min	A short skill sequence or mini-routine linking two of the day's skills into one performance	Let them choose which two
Cool-down	5 min	Flexibility focus: splits progression and a pike stretch	Slow, held, never bounced

Scale down

Elevated or assisted bridge before the flat hold; the kickover waits until the push is there.

Scale up

Freestanding handstand attempts away from the wall with the coach close in.

Safety first

These are the skills where spotting is not optional. Stay hands-ready until the gymnast can hold the shape alone.