

Tumbling Year Plannner



	Plan A	Plan B	Plan C
	Jan, Apr, Jul, Oct	Feb, May, Aug, Nov	Mar, Jun, Sep, Dec
Stage 1	Rolling Forward Jumps (Straight, tuck, 180) Cartwheel	Connections – rolls and cartwheels Cartwheel ¼ Dish hold	Competition Warm-up Competition Lines Full runs Stick drills
Stage 2	Rolling backwards Cartwheel & Round-off Chasse & straight jump walkout	Connections - Straight jump walkout into cartwheels and round-off Round-off to dish B-roll – Straight jump	Competition Warm-up Competition Lines Full runs Stick drills
Stage 3	Straight jump walkout and jump 180 Round-off to dish Flic	Connections: Round-off flic 180 walkout round-off	Competition Warm-up Competition Lines Full runs Stick drills
Stage 4 / NDP	Multiple flics Handspring Tuck/ Pike back Salto	Flics/whips Jump ½ Round-off / Half turn jumps Saltos/twists	Competition Warm-up Competition Lines Full runs Stick drills

Monthly Rotation:

A (Jan/Apr/Jul/Oct) | **B** (Feb/May/Aug/Nov) | **C** (Mar/Jun/Sep/Dec*)

See Individual Lesson Plans for weekly delivery detail.

**Plan C is a 4-week competition preparation programme focusing on routine construction, execution, performance quality and mock competition practice. It may be used in the lead-up to events and may not follow the standard rotation. Refer to the Annual Calendar.*