

# TUMBLING LESSON PLANNER (TEMPLATE)

Coaching made easy

## I. Warm-up (10-15 minutes)

This warm up should focus on dynamic stretching and light cardio to prepare muscles for tumbling. Adjust based on the skill level of the athletes.

### Examples:

- Jumping Jacks
- Arm circles (forward and backward)
- Leg swings (forward, backward, and sideways)
- Torso twists
- Dynamic hamstring stretches
- Ankle rotations
- Wrist stretches
- Seal Stretch

## II. Basic Line Warm-up (10-15 minutes)

This line warm up should include basic technical lines that should force the athlete to focus on shapes, controlled movements and explosive movements that they will use throughout the class in order to do well. It is **HIGHLY** suggested that you hold the athletes to a high standard during this warm up and if athletes are not performing the line well they should repeat the line.

### Example of lines:

- Tip toe walks (forward and backwards)
- Heel walks (forward and backwards)
- Punches (forward and backwards)
- Bear Crawls (forward and backwards)
- Duck walks
- Pike walks
- inch worms
- one leg side to side hops
- Pase to handstand

- Cartwheel
- Back walkover
- Front walkover
- Roundoff
- Back Handspring

### III. Drills (20-30 minutes)

Incorporate drills to reinforce proper technique and build strength. Focus on quality over quantity. Drills can be skill-specific or general conditioning exercises that support tumbling skills.

#### Example Skill: Handstand Forward Roll and Cartwheels

1. **Handstand Holds:** Practice holding a stable handstand against a wall.
2. **Handstand Fall to Flatback:** Practice falling from a handstand to a flatback position, landing on a **crash mat**.
3. **Forward roll down wedge:** Practice tucking the chin to the chest and rolling forward down a **wedge**.
4. **Handstand Donkey Kicks on Panel Mat:** Athlete will perform a handstand with their hands on a **panel mat** and do consecutive snap ups to a handstand working on heel drive.
5. **Handstand forward roll down wedge:** Athlete should handstand on the floor directly next to the high end of a **wedge**. After they kick up to the handstand the athlete should try and forward roll down the wedge working on hitting the best handstand possible.
6. **Cartwheel off of Panel Mat:** The athlete should start standing just off of the **panel mat**. This will allow them to reach to the end of the mat with their hands and cartwheel off the end finishing in a strong lunge position.
7. **Cartwheel to Split handstand on Wall:** On this drill the athlete should face the wall in a strong lunge. They will cartwheel towards the wall keeping their head in, looking through their arm pit. The athlete should hit the wall in the middle of their handstand in strong middle split.
8. **Lunge to Lever:** The athlete should start standing on the floor facing a **panel mat**. They will hit a pike position and lunge on to the mat with their front foot. Once in their lunge the athlete should drive into a strong lever position holding their arms, chest and leg parallel with the floor. They will end this drill returning back to lunge.

### IV. Conditioning and Recap (10-15 minutes)

Conditioning should be done in a way that the athlete continues to strengthen muscles needed for the current skill that they are working and also prepare them for the next skill they will be attempting. When doing the conditioning component make sure that the athletes are performing the movements correctly and are also holding themselves to some personal accountability during this time. The coach should take time to recap the class and shout out positive things they saw throughout the class during this time.

## General Conditioning Examples:

- Calf Raises (in, neutral, and out)
- Toe raises
- Elbow Plank
- Straight Arm Plank
- Hamstring Bridges
- Plank Shoulder Taps
- Crunches
- V-Snaps
- Superman Arch Up
- Mountain Climbers
- Frog Jumps
- Lunge Switches
- Hollow Body Holds
- Box Jumps

## V. Daily Notes/Observations

Use this space to record observations about individual athletes, adjustments made to the lesson plan, and areas for improvement. Note any successes or challenges encountered during the session. This information will be valuable for planning future lessons. Consider what worked well, what needs adjustment, and individual athlete progress.

## VI. Next Steps

Based on today's lesson, identify specific areas to focus on in the next session. This could include reinforcing a particular skill, addressing individual athlete needs, or introducing a new progression. Consider athlete feedback when planning the next steps.