



101 Spin Turns

Equipment

- Spin-board
- Mat Stack, Spotting Block, or Resi-Pit for balance

Set-Up

Place the spin-board on the floor in a safe area free from obstacles. Place a mat stack, spotting block, or resi-pit near the gymnast for support.

Directions

1. Stand next to the spin-board with one hand on the support object (mat stack, spotting block, or resi-pit)
2. Look straight ahead, keep your chest up, and your shoulders back
3. With your base leg, step onto the spin-board while keeping one hand on the support object



101 Spin Turns

Goals

- Balance for 30 seconds on the spin-board, using the support object for balance
- Balance for 30 seconds on the spin-board without using the support object for balance
- Balance for 30 seconds in relevé on the spin-board, using the support object for balance as needed
- Balance for 30 seconds with free leg in coupé position and base leg in relevé on the spin-board
- Balance for 30 seconds with free leg in passé position and base leg in relevé on the spin-board
- 1/1 Turn (360°) on spin-board, using the support object for balance as needed
- Work toward a 1/1 Turn (360°) on the spin-board without using the support object for balance



102 Flex Kicks

Equipment

- High beam, mat stack, spotting block, ballet barre, wall, or Resi-Pit for balance

Directions

1. Stand next to the support item, with the support item on your right side, while you keep one hand on the support item.
2. Look straight ahead, keep your chest up, and your shoulders back
3. Keeping your right base leg straight, kick forward quickly with your left leg, keeping your leg straight and your toes pointed as you kick
4. Kick as high as you can while keeping your legs straight



102 Flex Kicks

Goals - With Straight Legs

- Do 10 high kicks forward with left leg
- Do 10 high kicks backward with left leg
- Turn so the support item is on your left side
- Do 10 high kicks forward with right leg
- Do 10 high kicks backward with right leg
- Turn so support item is behind your back (hold on) and do 10 high kicks sideways with right leg
- Do 10 high kicks sideways with left leg
- Lean over as far as you can in pike position (bend at your waist and try to get your palms flat on the floor, while keeping your legs straight) and bounce gently for 15 seconds
- Move away from the support item, and do 10 needle kicks with your right leg (bend quickly at your waist into pike while kicking your right leg up behind you - keep your leg straight and your toes pointed)
- Do 10 needle kicks with your left leg