

Intermediate Move-up List

Key: 1 2 3 4 5
 unable to do can do with a heavy spot can do completely alone

Athlete Name:

Date:

Vault:

- ___ Step - hurdle - punch springboard (arms should be down on the board and pull up while they do their straight jump)
- ___ Handstand flatback to 8 inch on floor
- ___ Run - hurdle - punch on board - straight jump onto full vaulting resi
- ___ 3 step run - hurdle - punch on board - straight jump reaching to cheese mat
- ___ Spotted handstand flack back onto vaulting resi
- ___ Shoulder shrugs at 45-degree angle to wall

Focus: arms down when punching on the springboard and tight by ears during the straight jump & during flight into handstand flatback.

Bars:

- ___ 10 second support hold
- ___ Spotted pull up pullover
- ___ Spotted cast to horizontal with shoulder over past the bar
- ___ Hollow fall / jump to bar (glide prep)
- ___ Spotted small cast back hip circle

Focus: hollow body in holds and cast back hip circle & shoulders over past the bar in cast, also emphasis on coming back to the bar when casting.

Beam:

- ___ Releve walks with arms to ears & doing crown - press - down arms
- ___ Pivot turn
- ___ Pile hold (10 seconds) to releve hold (10 seconds)
- ___ Pile to straight jump
- ___ Forward & backward kicks
- ___ Lunge - T - needle - T - lunge
- ___ Big step to small leap
- ___ Spotted handstand on low beam

Focus: arm positioning / mirroring, looking at the end of the beam, homebases (pile, lunge, beam feet).

Floor:

- ___ Releve walks with arms to ears & crown - press - down arms
- ___ Straight arm forward roll
- ___ Straight arm backward roll to knees or pike
- ___ Handstand
- ___ Cartwheel
- ___ Cartwheel step-in
- ___ Round off
- ___ Chasse - step -small leap
- ___ Bridge kick over
- ___ Half turn

Coaches comments: