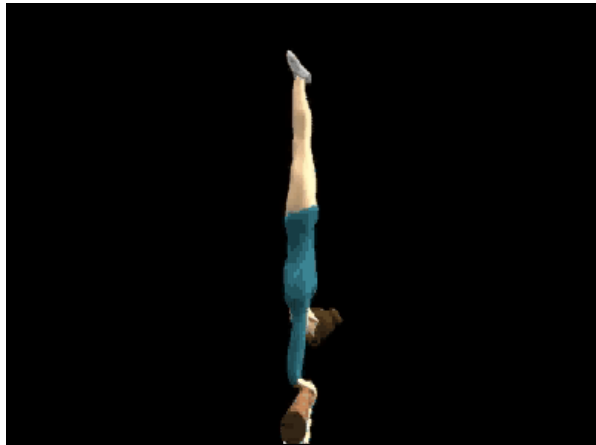
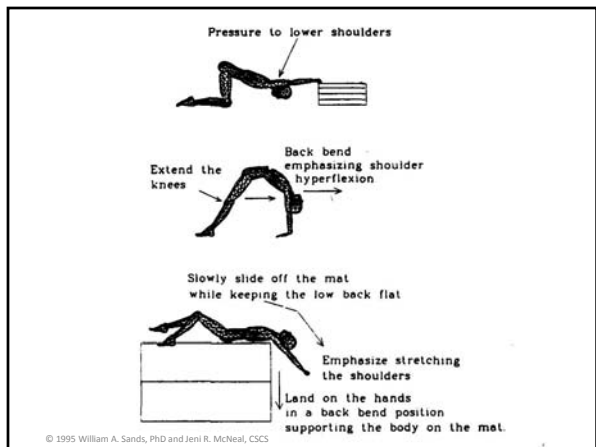
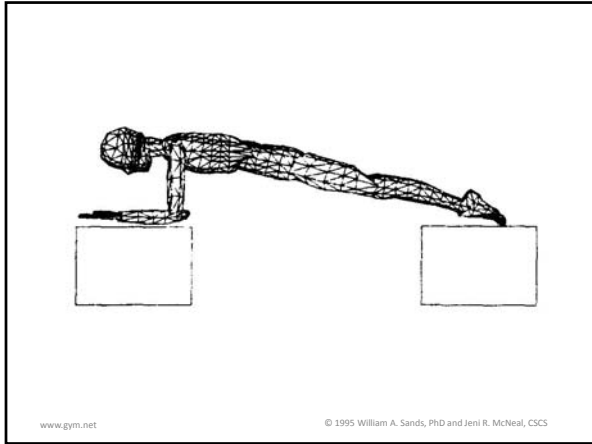


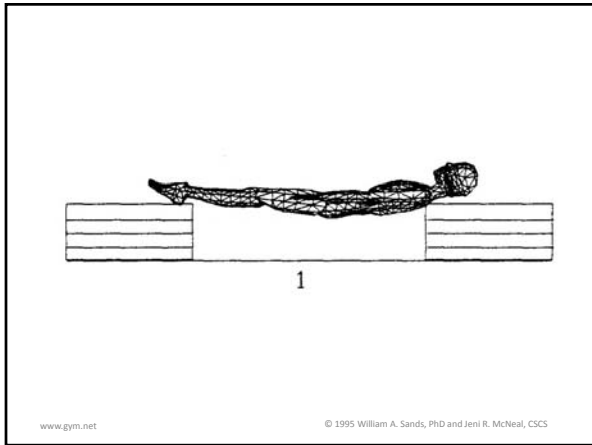
Drills for Giant Skills

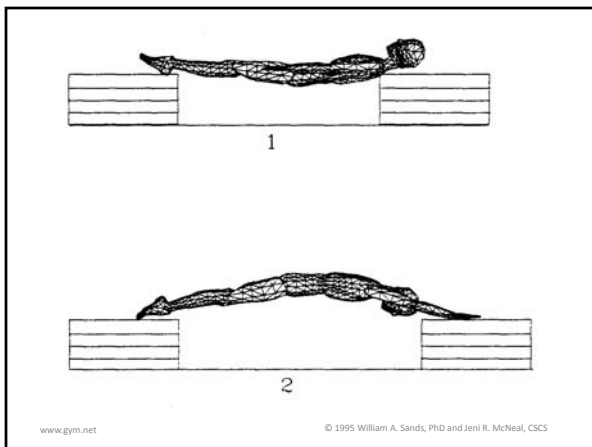
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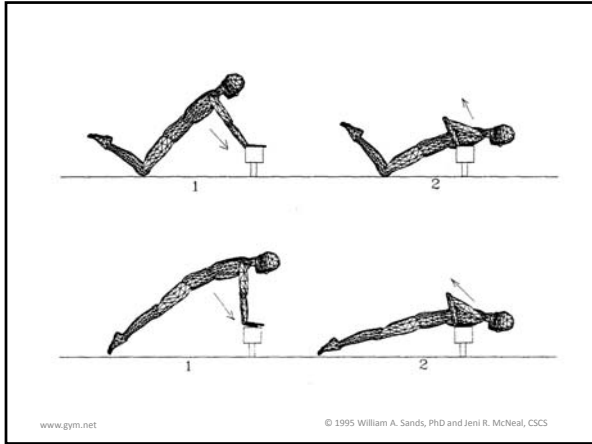


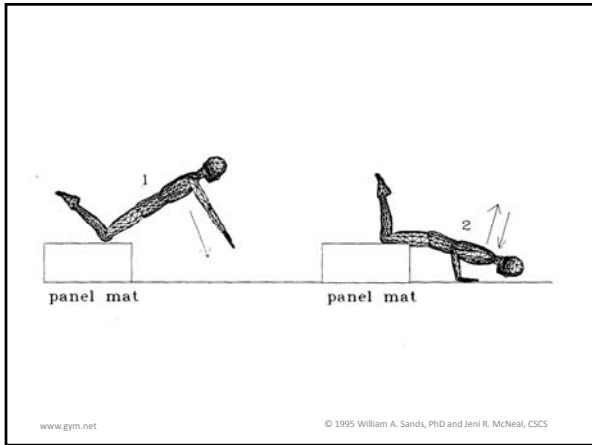


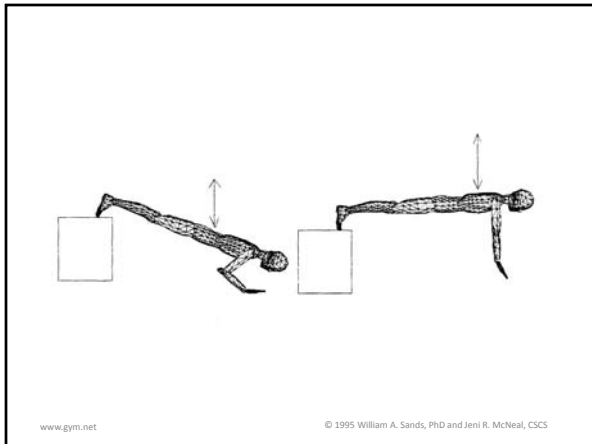


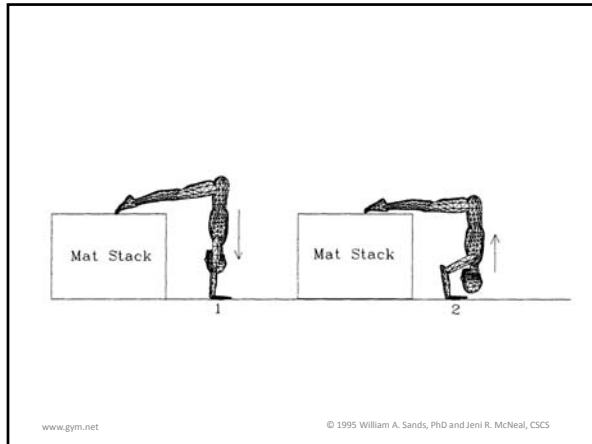


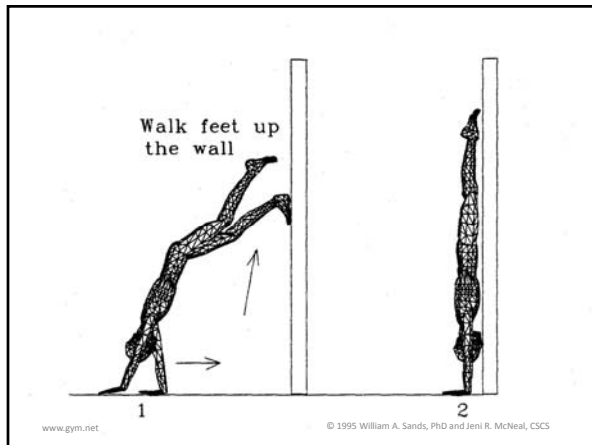


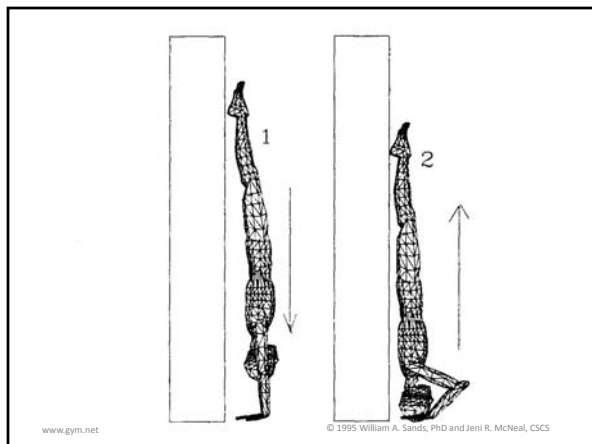


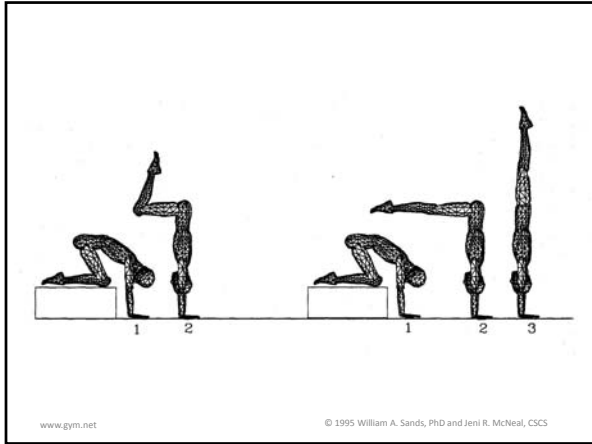


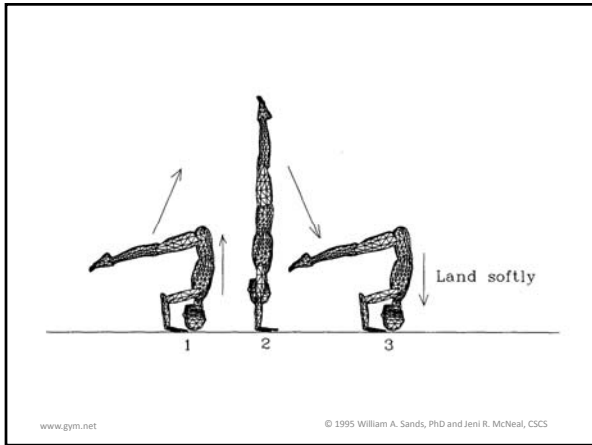


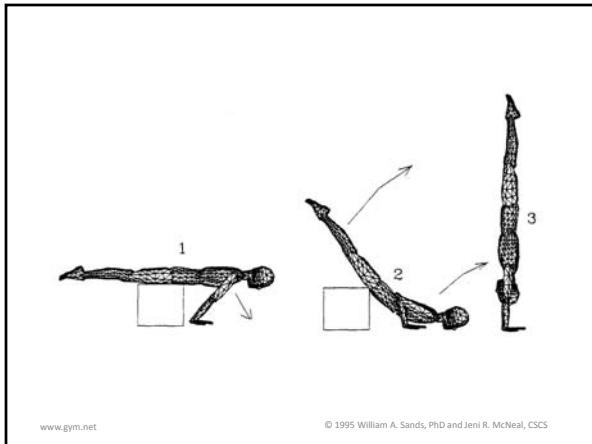


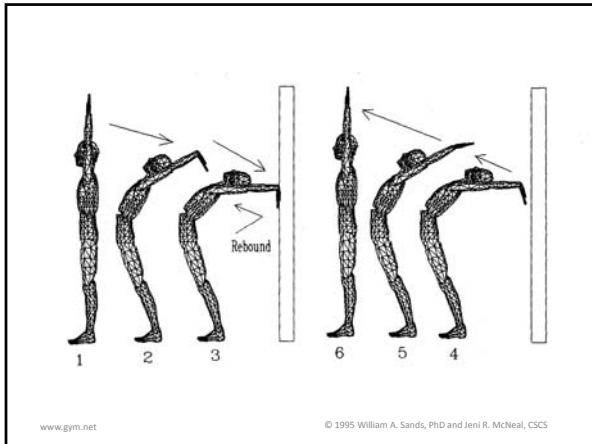


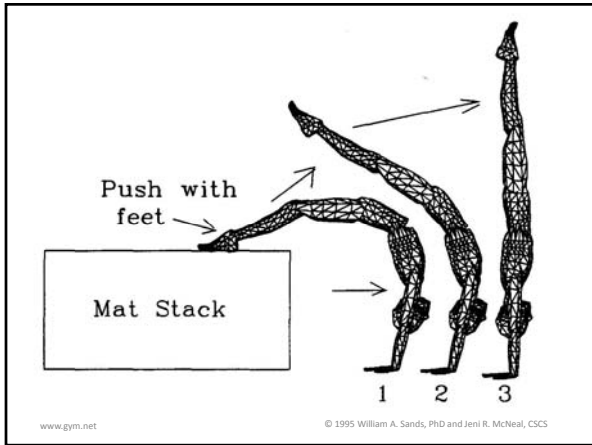


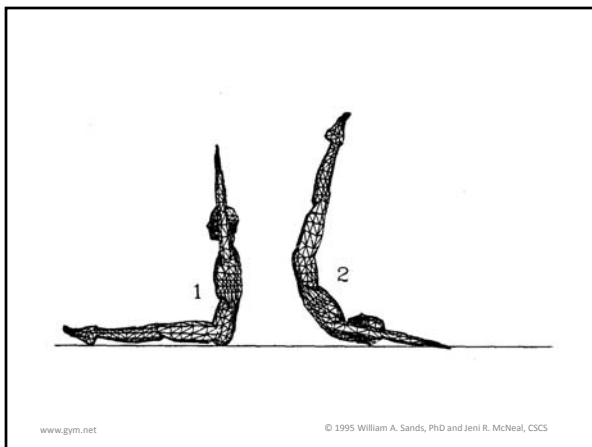


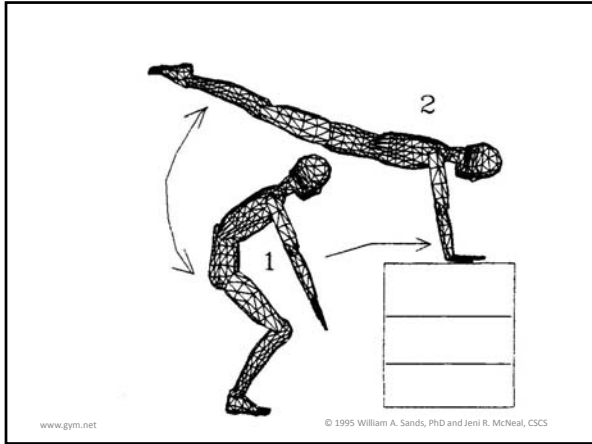


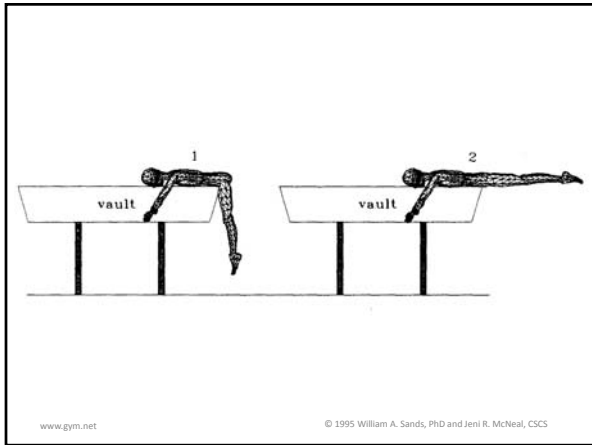


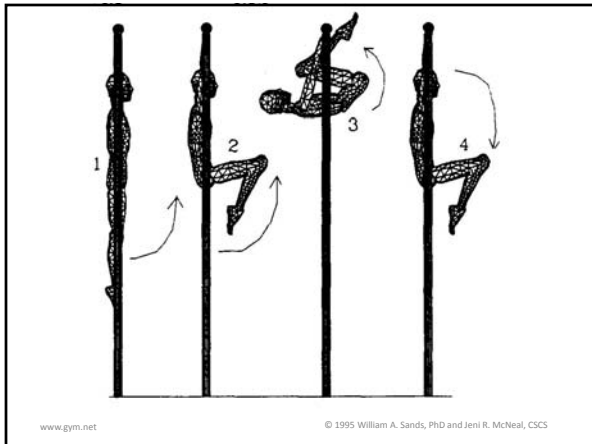


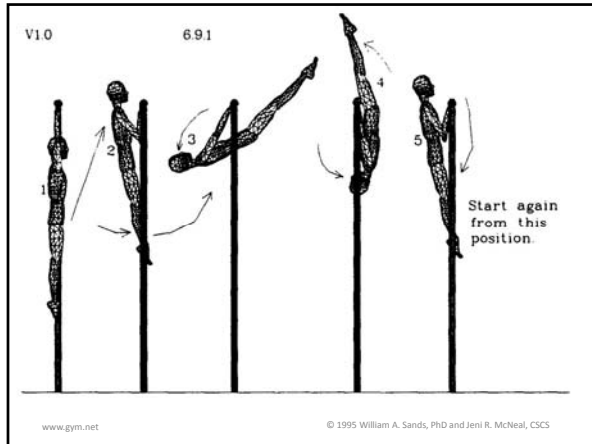


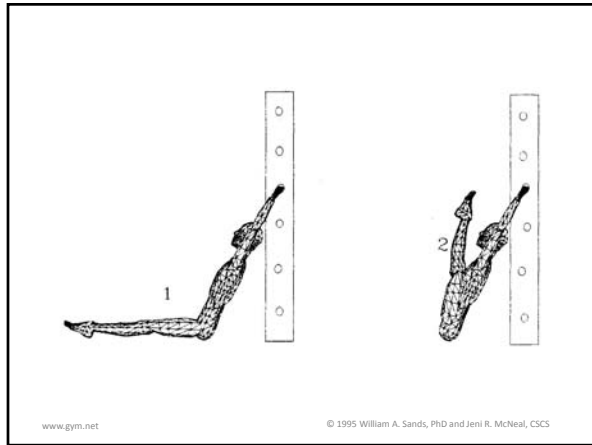


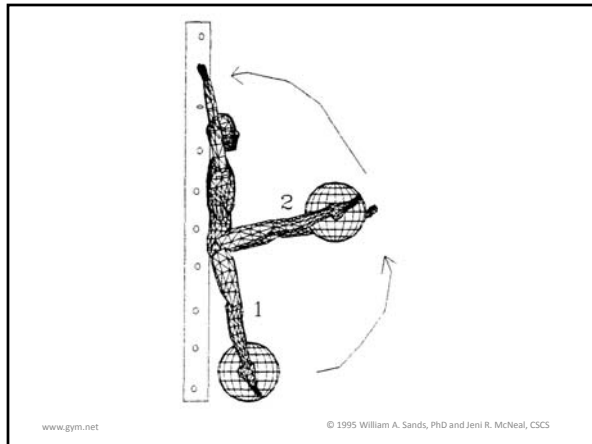


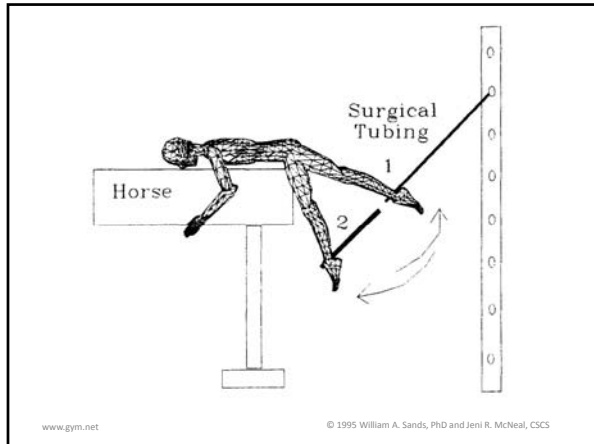


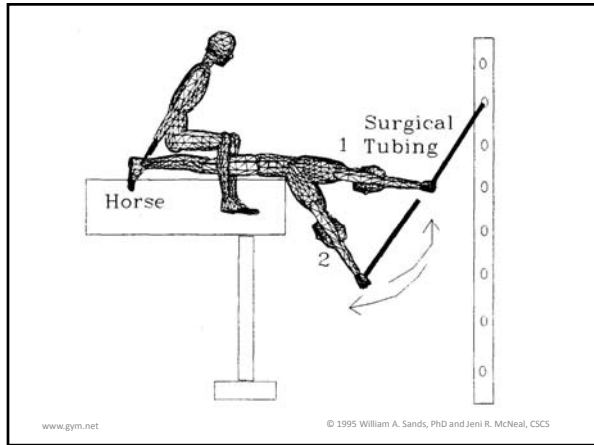


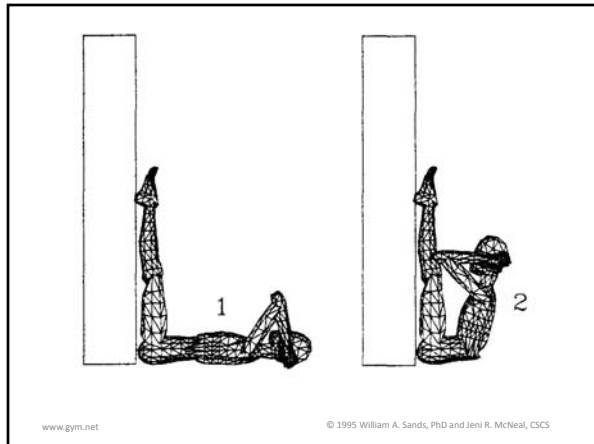


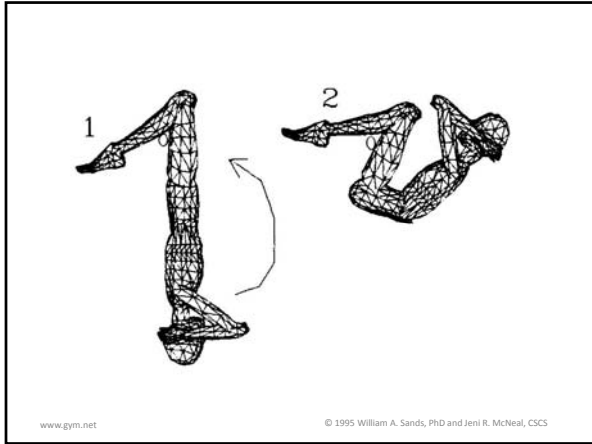


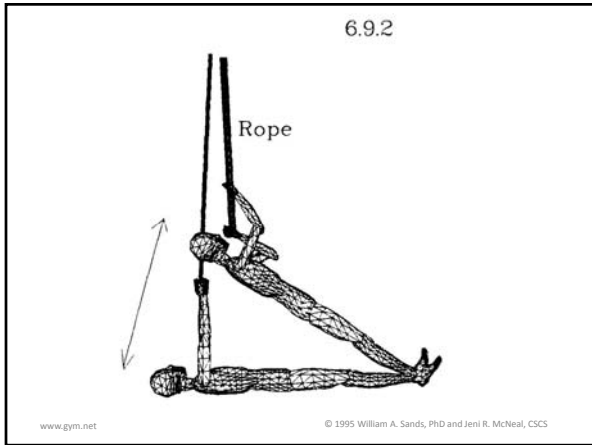


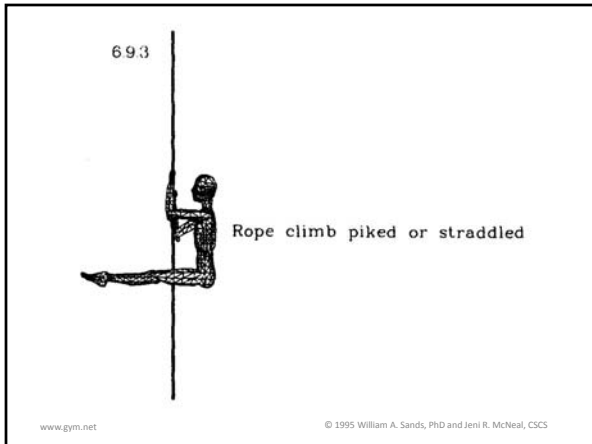


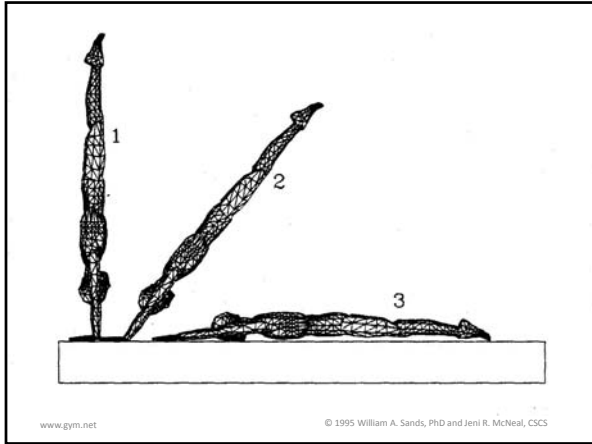


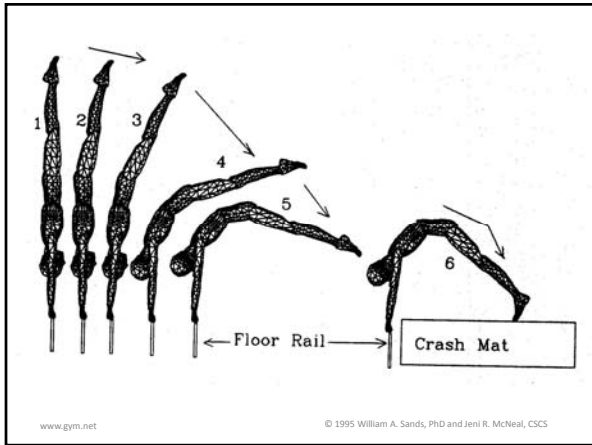


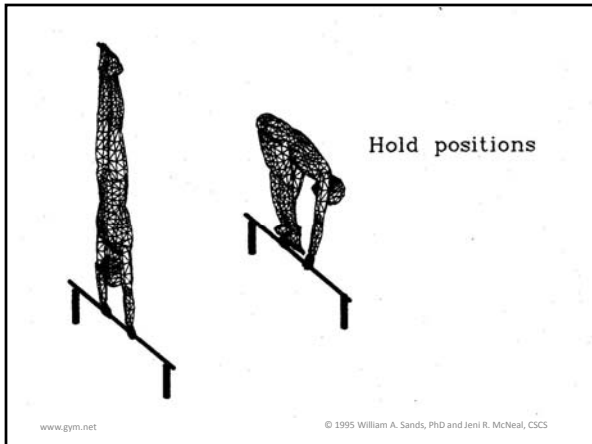


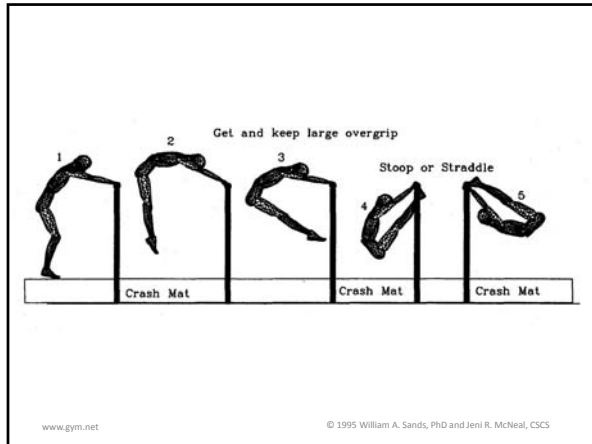


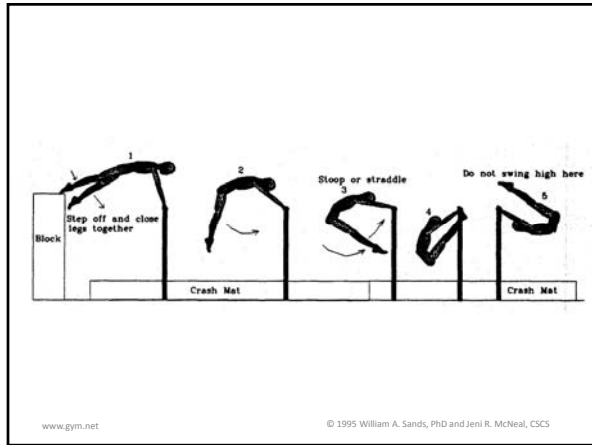


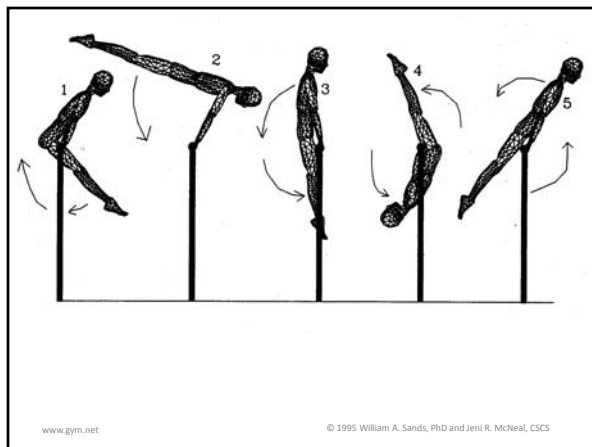


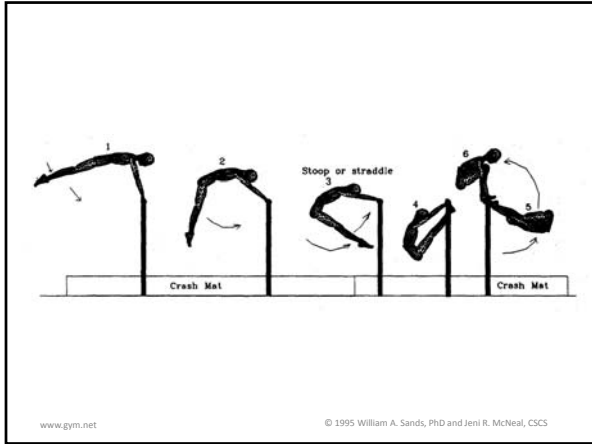


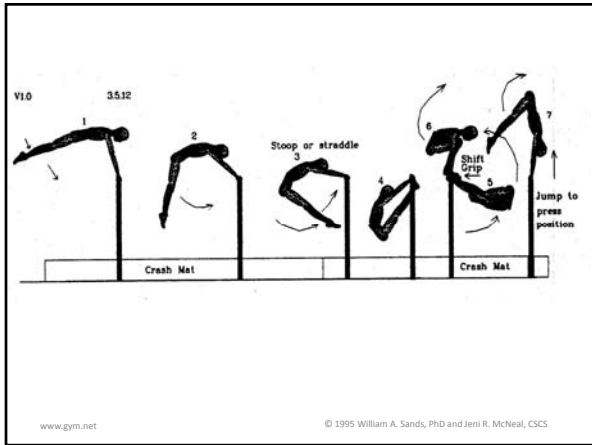


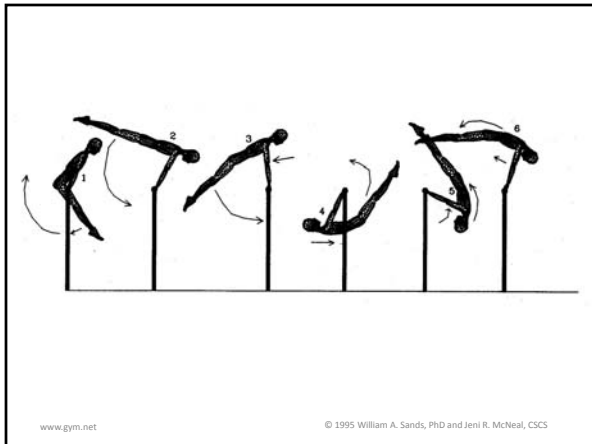


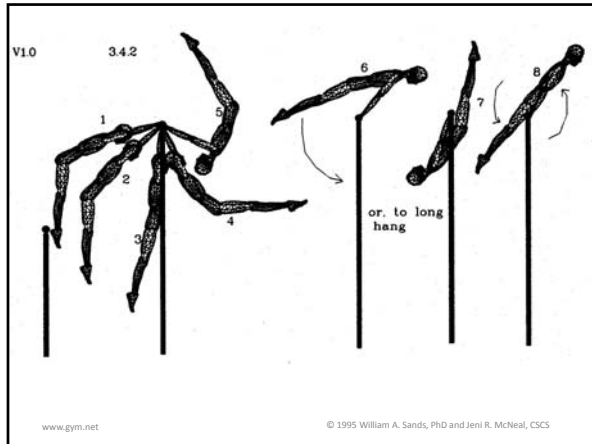












High Bar

- Long hang
- Long arch position
- Long hollow/scoop position
- Whip -Tap
- Whip -Tap swings
- Whip -Tap with DynaBand (for conditioning)

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Floor Bar

- Kick or jump to handstand to belly flop on crash mat
- Back extension roll down incline mat over floor bar
- Back extension roll down incline mat over floor bar to belly flop on crash mat
- Lever up
- Lever up to handstand on floor bar to belly flop on crash mat

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Low Bar

- Cast to horizontal away from bar
- Bent knee swings
- Bent knee swing pullover
- Straddle sole or stoop circles (3x)
- Whip -Tap swings (3x) to long hang pullover
- Cast (to horizontal or higher) to long hang pullover (Baby Giant)
- Baby Giant to immediate back hip circle
- Baby Giant to immediate back hip circles (2x)
- Baby Giant to immediate clear hip circle
- Baby Giant to immediate clear hip circles (2x)

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High Bar

- Cast to horizontal away from bar
- Whip -Tap swings (3x) to long hang pullover
- Cast (to horizontal or higher) to long hang pullover (Baby Giant)
- Baby Giant to immediate back hip circle
- Baby Giant to immediate back hip circles (2x)
- Baby Giant to immediate clear hip circle
- Baby Giant to immediate clear hip circles (2x)

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Trampoline / TumbITrak

- From back, bounce (3x) to back pullover
- From back, bounce (3x) to back pullover to handstand
- From handstand, drop bounce on back, back up to handstand
- Handstand, drop bounce to back, bounce up to handstand
- Handstand, drop bounce to back, bounce up to handstand, fall to front drop

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Strap Bar

- If available, use a single bar to postpone the “low bar anxiety.”
- Encourage experimentation.
- Prepare the athlete for “stall swings” and allow bent legs on top of swings.
- Emphasize control of swing.

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THANK YOU !!!

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