

Week 1

Date: _____

Rotation 1

Apparatus: _____

Warm-Up / Stretch
(10 min)

Skill Drills (20 min)

Routine Work (15
min)

Conditioning (10
min)

Notes /
Observations

Rotation 2

Apparatus: _____

Warm-Up / Stretch
(10 min)

Skill Drills (20 min)

Routine Work (15
min)

Conditioning (10
min)

Notes /
Observations

Rotation 3

Apparatus: _____

Warm-Up / Stretch
(10 min)

Skill Drills (20 min)

Routine Work (15
min)

Conditioning (10
min)

Notes /
Observations

Rotation 4

Apparatus: _____

Warm-Up / Stretch
(10 min)

Skill Drills (20 min)

Routine Work (15
min)

Conditioning (10
min)

Notes /
Observations

Skill Progression — Floor

Check off skills as athletes demonstrate mastery

Level 1-2

- ☐ Forward roll
- ☐ Backward roll
- ☐ Cartwheel
- ☐ Handstand hold (2s)
- ☐ Bridge kickover

Level 3-4

- ☐ Round-off
- ☐ Back walkover
- ☐ Front walkover
- ☐ Handstand forward roll
- ☐ Split leap (120°)

Level 5-6

- ☐ Back handspring
- ☐ Front handspring stepout
- ☐ Back extension roll to handstand
- ☐ Full turn on one foot
- ☐ Split leap series

Level 7-10

- ☐ Back handspring series
- ☐ Back tuck/layout
- ☐ Front tuck/pike

- ☐ Double back tuck
- ☐ Aerial cartwheel
- ☐ Switch leap + straddle jump

Additional Skills / Notes for Your Program

UNFOLDFACTORY

YOUR WHOLE GYM PROGRAM IN ONE BINDER

Gymnastics Coach Planner

70 pages: USAG level 1-10 and Xcel reference, skill progressions for floor, beam, bars and vault, rosters by group, progress trackers, 24 weekly practice plans, meet planners, scoring analysis and an injury log.



See the planner on Etsy

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