



DRAGONFLY™

Aerial Company

Lesson 19 Progression

Article: Whiplash Dangers Of Drops

Class Structure: 10m Warm-up / 10m Conditioning / 25m Skill Building / 10m Free Play or Games / 5m Stretch

Conditioning & Climbs

1)	Pulling Taffy	See Week 1
2)	Lifted Hang	Make sure to do "one arm" lifted hangs on each side as well.
3)	Basic Climb Alternating Legs	See Week 1
4)	Russian Climb Alternating Legs	See Week 1
5)	Ball Rockers with Legs Down in Between	Come fully upright before tilting back.
6)	Pike Pistons	See Week 2 but execute in Pike, finish one move before executing the next.
7)	Basquel to Crochet- ADD KNEE HOOKS	Introduce the idea of fewer "points of contact" for security.
8)	Basquel Drills In the Air	See Week 5
9)	Stacking INVERTED Climbs	

Drops

1)	Knee Drop From Perch	Hold Tails Thumbs Down Drop from "Inverted Crochet"
2)	Slack Drop	Slack is in the second thigh wrap. Drop from "Catchers"
3)	Single Star	Drop from "Catchers"
4)	Big Knot	Drop from "Ramone"