



DRAGONFLY™

Aerial Company

Lesson 16 Progressions

Push & Pull

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	Miss Match and Work Climb Transitions
10)	Lifted Hang Pike Ups	Key Words "Lifted Hangs!"
11)	Big Russian Flirt	Utilize a Knot to train the "Sweep"- Teach the "Slide to Hip-Key" Exit

Inversions from Catchers

1)	Catchers	Teach them not to look for tails, open hips and counter balance.
2)	Catchers Descent	
3)	Contortion	Double Wrap thigh, Both hands on tail at sternum (not throat)