

2018 Stunt Progressions

Team/Club:

Drill/Stunt	Notes	Notes	Flyer	Bases	Back
Hang Drill	<ul style="list-style-type: none"> ○ Arms locked ○ Hips up ○ Bases arms close to body 				
Groups Broken Up	bases - dip and pop / tops - squeeze and lift				
Speed Bump Stand Drill Pop Tart	1st Top / 2nd bases / 3rd all				
CHECK OFF	Evaluate – what we know from notes and speaking to coach				
SHOW N GO	LOW SHOW	HIGH SHOW			
Prep - Bump Down & Quick Down	FEET TOGETHER - bases thumbs open in hang drill				
Prep Liberty	If ready				
Press Cupie	Feet together				
Cradle	Cradle Pop	In Cradle Bases - dip / pop Top – Hips up, arms by side always – thru T motion			
	Prep Cradle / Prep Liberty Cradle	Drills First			
	Platform Cradle	If group is ready			
Cradle Reload	Top – Arms locked, knees up	Bases – Dip, follow thru with back arm			



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Step up drill	Hand on Leg for base / Front hand under foot				
UP / Down					
Step up to Prep Liberty					
Step Up Target					
Press Liberty to Cupie	Variation				
Step Up Liberty					

J-Toss Up / Down					
J-Toss Prep					
J-Toss Cupie					
J-Toss Liberty					

Basket Toss and Drills

Drill – Pop Catch	Pop and catch in cupie				
Straight Toss					
Toe Touch					
Pike					
Kick					
Ball Open					
Full Basket					
Kick Full					



2018 Stunt Progressions TRANSITIONS

Team/Club:

Drill/Stunt	Notes	Flyer	Bases	Back
Hand Stand to Hang Drill				
Hand Stand to Elevator				
Hand Stand to Half Liberty				
Hand Stand to Cupie				
Cartwheel to Hang Drill				
Cartwheel to Shoulder Sit				
V-Sit (Teddy)				
Ground Up Prep				
Leap Frog				
Helicopter				
Star				

ELITE STUNTS

Full Up – to prep	Crossed feet / Normal			
Full Up – to Cupie	Crossed feet / Normal			
Low to High Liberty	Braced and non-braced			
Ground Up Switch Up				
Free Fall Prone Cradle	Keep Chest Up / Back stays connected			
