Vault Drills

1. Assemble – step, jump off of two feet, land on two

2. Assemble with hand movement
   - “stir your pie”
   - step, stir your pie, up in the air

3. Assemble with springboard

4. Assemble with 3 springboards in a row
   - multiple jump drill
   - not focusing on height, but rather control

5. Run into assemble using FAT MAT
   - safety: use 1 inch mat on top of fat mat
   - run, jump off of two, land on two on top of the mat, somersault

6. Same drill as #5 except get airborne on somersault
   - “dive roll”

7. Run, jump off of two onto springboard, immediately do a somersault, moose ears

8. Run, jump off of two onto springboard, use heal drive into handstand on mat, fall flat on back

9. Use folding mats, fat mat, and springboard

   ![Diagram]

   - jump from top of mats onto springboard
   - do handstand on top of fat mat and fall flat on your back
   - use two spotters to help heal drive
   - spotters push on thighs

10. With two springboards on top of each other, do the same drill

    ![Diagram]

    (something like this)

    - again, use two spotters