

BASIC STUNT PROGRESSIONS

Athlete _____
 Year _____

| STUNTS | Should complete 7 or 10 correct to progress to the next level. | | | | | | | | | | Coaches and athletes' initials |
|------------------------------------|--|--|--|--|--|--|--|--|--|--|--------------------------------|
| | With each stunt indicate with "F" for flyer, "B" for base, and "S" for spotter what position the athlete has mastered. | | | | | | | | | | |
| Step-up Drill | | | | | | | | | | | |
| Thigh Stand | | | | | | | | | | | |
| Single-Base Shoulder Sit | | | | | | | | | | | |
| Cradle drills | | | | | | | | | | | |
| Walk-up Double Base Shoulder Stand | | | | | | | | | | | |
| Shoulder Stand | | | | | | | | | | | |
| Hang Drill | | | | | | | | | | | |
| Prep/Elevator/Half | | | | | | | | | | | |
| Shoulder Level Hitch | | | | | | | | | | | |
| Hitch Step-up to Full Extension | | | | | | | | | | | |
| Half to Full Extension | | | | | | | | | | | |
| Half Level Liberty | | | | | | | | | | | |
| ½ Twist-in Prep/Half/Elevator | | | | | | | | | | | |
| Ground-up Full Extension | | | | | | | | | | | |
| Braced Fully Extended Liberty | | | | | | | | | | | |
| Ground-up Fully Extended Liberty | | | | | | | | | | | |
| Arabesque | | | | | | | | | | | |
| Heel Stretch | | | | | | | | | | | |
| Scale | | | | | | | | | | | |
| ½ Twist-in Full Extension | | | | | | | | | | | |
| Skills to cradles - toe touches, | | | | | | | | | | | |
| Skills to cradles - twist | | | | | | | | | | | |
| Basket toss drills | | | | | | | | | | | |
| Basket toss skill execution | | | | | | | | | | | |

**Please note that the table is not intended to include all skills and that a coach should make adjustments and additions as needed. A team member should demonstrate proficiency at the lower level prior to progressing to the advanced levels. Always move from easy to more complex. Coaches should make sure that all team members go through progressions each year.