



SOF Ahoy Handstands + Pirates Lesson Overview

AHOY, COACHES!

Our next 2-week Skill of Focus is "Ahoy Handstands!" and we're diving into a fun Pirate Theme!

Warm-Up Reminder

Please take a few minutes to review the "If You Want to Be a Pirate" song lyrics before class so you're comfortable leading all the pirate actions with your students. The warm-up song and lyrics are posted for you in the Facebook group.

After the song, you may:

Lead a quick stretch emphasizing strong straight arms and tight body position

OR

Play the Handstand Game (video example under videos}

Purple Floor Focus

Our Skill of Focus is all about spending time upside down with good body position! During rotations, please emphasize:

- Strong, straight-body handstands against the wall mat
- Tight tummies and squeezed legs
- Advanced students may work on a spotted lunge-kick-handstand progression

Blue Room Focus

Continue emphasizing strong body shapes during the SPOTTED front handspring progression station:

- Tight layout position
 - Straight arms
- Strong hand placement
- Safe, controlled movement throughout the skill

Remember: Our goal is not just getting upside down—it's helping students learn safe, strong, and confident body positions while having a blast pretending to be pirates!

Let's make these next two weeks full of great coaching, lots of encouragement, and plenty of pirate fun!

Swish! Stomp! AHOY!

SKILL TRACKING should be done for the "Ahoy Handstands" both weeks.