

## Floor and Vault Assistant Coach (Cycle 5) Syllabus

### Physical Preparation:

Warm up sessions including: types of exercise, variety of games, making it fun and landing drills

Basic flexibility training; different approaches; partner work

Exercises related to postural shaping - arch, dish, pike

Simple exercises for development of strength - upper body; mid body; legs

Exercises to develop style and line

Exercises for co-ordination and body awareness

### Execution of Landings:

Safe learning environment

Techniques for jumps and landings

Safe falls when moving forwards or backwards

### Principles of Spotting:

Good physical preparation and sound skill development

Safe supporting drills

Points of danger awareness

### Static Elements - Balance and Support:

**Correct technique in executing static positions on a variety of apparatus, including:** floor, beam, single bar, rings, pommel horse, parallel bars

**Positions to include:** bridge; straddle stand; pike fold; straddle fold (japana); side splits/ front splits; headstand (tucked, stretched); handstand; backhang; piked hang; half lever support; V-sit; tucked top planche; tuck Russian lever; straddled V-sit position; single leg balances

### Flight - Leaps and Jumps:

Jumps and leaps on the floor and from a bench, beam or low platform

- Arched
- Tucked
- Star
- Straddled
- Stretched jump with half and full turn
- Combinations of these skills
- Safe use of trampette and springboard for teaching the jumps described above

Vaulting

- Run up
- Take off
- Landings
- Squat on jump off
- Squat through vault
- Straddle vault

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### **Rotation:**

Forwards rolls

Backwards rolls, (tucked, piked, straddled)

Shoulder rolls, log rolls

Handstand forward roll

Cartwheel and cartwheel quarter turn  
inwards performed on the floor and on a  
bench and from a bench as a dismount

