

General Gymnastics Assistant Coach (Cycle 5) Syllabus

Physical Preparation:

The warm up
Pulse raising (aerobic) activities
Basic flexibility training
Exercises related to postural shaping - arch, dish, pike
Strength conditioning - upper body; mid body; legs
Exercises to develop style and line
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

Flight – Leaps and Jumps continued:

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

Rotation:

Forwards rolls
Backwards rolls, (tucked, piked, straddled)
Shoulder rolls
Log rolls
Handstand forward roll
Cartwheel
Cartwheel quarter turn inwards performed on the floor and on a bench and from a bench as a dismount

General Gymnastics Assistant Coach (Cycle 5) Syllabus

Hand Apparatus:

Throwing, Catching, Bouncing, etc. with bean bags, balls and targets and with partners.

Swing:

Single Bar: hang and body shaping (arch dish); develop strength and awareness in hang; sideways hop travel, traverse along the bar facing along the bar; traverse along the bar with $\frac{1}{2}$ turns and grip changes, swinging in overgrasp.

Swing in support: appropriate available apparatus such as on parallel bars or between two beams; single leg swings on pommel horse.

Low bar: circle upward; cast from support on one bar; back hip circle.

Beam: jump to support and swing one leg over the beam ($\frac{1}{4}$ turn) to straddled support; and swing to squat onto the beam; squat on; forward roll

Working in Pairs:

Mirroring: following and synchronisation of basic exercises.

Matching: linked arabesque; linked splits.

Supporting: supported handstand with the base person in a variety of positions including: standing, straddle sitting, and standing in lunge. Supported headstand with the base person in straddle sit or standing. Supported front support position: with the base in kneeling position.

Counter Balancing: Base lying with straight legs raised: partner performs angle handstand or leans against the feet of the base with tight body shape.

Base kneeling, sitting back on the

heels: partner stands on the thighs of the base, links hands with the base to form a counterbalance.

Base in demi plie: partner stands on the thighs of the base, links hands with the base and forms a counter balance.

Lifted Elements:

Forward roll to straight jump. The base links hands with partner to support the straight jump.

Moving Support: partner assisted cartwheel on the floor.

Using Partner as an Obstacle: Leap Frog

Music and Rhythm:

The coach must demonstrate an ability to use music and rhythm related to the exercises and movements contained in the syllabus.