

Men's Artistic Assistant Gymnastics Coach (Cycle 5) Syllabus

Physical Preparation:

The philosophy of good physical preparation as the foundation for all development

Typical examples of 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:

Create a safe learning environment

Develop good technique for jumps and landings

Execute safe falls when moving forwards or backwards

Principles of Spotting:

Ensure that spotting is not a replacement for good physical preparation and sound skill development

Introduce safe supporting drills

Be aware of points of danger

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 as appropriate

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

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Flight (leaps and jumps)

Correct technique when teaching a variety of jumps and leaps on the floor and from a bench, beam or low platform. The jumps should include:

- Arched, tucked, star, straddled; stretched jump with half and full turn; and combinations of these skills
- Use safely the trampette and springboard for teaching the jumps described above
- Teach vaulting: run up, take off, landings, squat on jump off, squat through vault, straddle vault, and progressions leading to handspring onto a low box with flight off to land on back on safety mats at box height

Rotation

Rolls: forwards, backwards, (tucked, piked, straddled). Shoulder rolls, log rolls. Handstand forward roll

Cartwheel: cartwheel and cartwheel quarter turn inwards, on the floor, and from a bench as a dismount. Round off. Handstand bridge to stand. Forwards and backwards walkover

Pommels, Rings, Parallel Bar

Pommel Horse: Front, back and straddle support positions, and ½ circle single leg pendulum swings

Mushroom: Development of double leg circles

Rings: Inverted hang; back hang; muscle up to support; basic swing in hang

Parallel Bars: Swing in support; Face and flank vault dismounts

Swing on a Single Bar

The coach must demonstrate the ability to develop awareness and good technique in performing the swinging movements listed below:

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 ½ turns and grip changes, swinging in overgrasp, and with ½ turn to mixed grasp

Swing on a Single Bar (continued)

Low bar: circle upward; cast from support on one bar; back hip circle. Undershoot from standing; undershoot from support. Float upstart

Working in Pairs

Simple exercises with a partner; including:

Working with a partner: warm up, drills; partner exercises; demonstration and partner observation

Supporting: supported handstand, supported headstand with, supported cartwheel

Using Partner as an Obstacle: Leap Frog