

TeamGym High Performance Coach (Cycle 6) Syllabus

Tumble Skills:

Straight forwards somersault and multiple twists

Straight backwards somersault and multiple twists

Double backwards somersault straight

Double backwards somersault with twists

Double backwards somersault

Trampette Skills:

Straight forwards somersault with multiple twists

Double forwards somersault with multiple twists

Trampette Vault Skills:

Handspring forwards somersault tucked, piked
Handspring forwards somersault tucked, piked and straight with 180° out

Tsukahara tuck and straight and with twists

Kasamatsu tucked and straight

Floor Skills:

International level routine construction