

TeamGym Senior Club Coach (Cycle 6) Syllabus

Floor:

Balances

- Straddle to handstand
- Headstand to elbow planche
- Handstand to elbow planche
- Pirouettes with variation
- Various standing balances

Jumps, Leaps & Hops

- Butterfly
- Various jumps to lay
- Various competitive level jumps and leaps

Tumble:

Backwards:

- Double back (tuck / pike)
- Whips

Forwards

- Double front (preps)

Trampette:

Double somersault straight

Double somersault with 180 out (straight)

Double somersault with 180 in (straight)

Double somersault with 540 (pucked)

Trampette Vault:

Handspring front somersault 180
(tuck / pike / straight)

Tsukahara (tuck, pike, straight)

Common Core:

Coaching process

Coaching theory

Nutrition

Flexibility theory

Age and stage of maturation

Psychology

Injury prevention

Anti-doping

Sport Specific:

Biomechanics

Judging