

Women's Artistic Assistant Coach (Cycle 5) Syllabus

Physical Preparation:

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

Basic flexibility training

Exercises related to postural shaping - arch, dish, pike and straight

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
- Progressions leading to handspring onto a low box with flight off to land on the back on safety mats at box height

Rotation:

Forwards rolls

Backwards rolls, (tucked, piked, straddled)

Shoulder rolls

Log rolls

Handstand forward roll

Cartwheel

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Rotation continued:

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

Round off

Handstand bridge to stand

Backward walkover

Forward walkover

Beam and Bench Skills:

Mounts: Swing one leg into straddle support, swing and squat onto beam: squat on; straddle on to straddle $\frac{1}{2}$ lever.

Elements: Walking forwards and backwards; running; chasse; half and full turns on one and two feet; stretched jump; change feet; cat leap; stride jump; forward roll; forward and backward walkover; handstand forwards and sideways and with $\frac{1}{4}$ exit.

Dismounts: Various jumps; cartwheel with $\frac{1}{4}$ turn.

Swing on a Single Bar:

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, and with $\frac{1}{2}$ turn to mixed grasp

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

Working in Pairs:

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

Supporting: supported handstand; supported headstand; supported cartwheel.

Using Partner as an Obstacle: Leap Frog

**Trampoline can be used as a training aid to develop any skill on the syllabus.*