

LEVEL 1 MEN'S ARTISTIC GYMNASTICS

INTRODUCTION

The Level 1 Coach must demonstrate competence at developing the listed skills and techniques through the recommended procedures, including: pre-requisite skills; physical preparation; safe and effective progressions and supporting techniques and the use of training aids where appropriate. The common core subject matter should be reflected within the practical modules.

Generic Common Core

Ethical Coaching Responsibilities

Safety in Coaching

Group Organisation

Communication Skills

Sports Specific

BIOMECHANICAL PRINCIPLES

The Level 1 Coach must demonstrate a basic practical understanding of the centre of mass with respect to:-

- a) Position of the centre of mass in various body shapes
- b) Stability and balance
- c) Rotation of the body about a pivot point or axis

This section should be taught in a practical environment.

ERECTION AND DISMANTLING OF APPARATUS

The Level 1 Coach must demonstrate:-

- a) A practical awareness of the techniques used in the handling, erection, inspection, dismantling and storing of equipment within the syllabus
- b) Supervision and direction of children handling equipment where appropriate
- c) Creating and maintaining a safe environment at all times

PRINCIPLES OF SPOTTING AND SUPPORTING

The Level 1 Coach must demonstrate the ability to:-

- a) Ensure that spotting or supporting is not a replacement for good physical preparation and sound skill development
- b) Introduce safe supporting drills
- c) Be aware of points of danger

PHYSICAL PREPARATION

The Level 1 Coach must demonstrate an understanding and practical ability to teach:-

- a) The principle that good physical preparation is the foundation for all development and is applied to practical teaching throughout the syllabus
- b) A simple understanding of how muscles work
- c) Typical examples of warm-up sessions including: types of exercise, variety of games, making it fun and landing drills
- d) Basic flexibility training; different approaches; partner work
- e) Exercises related to postural shaping – straight arch, dish, pike, and logroll
- f) Simple exercises for development of strength – upper body; mid body; legs

- g) Exercises to develop style and line
- h) Exercises for co-ordination and body awareness
- i) Typical cool-down activities

EXECUTION OF LANDINGS

The Level 1 Coach must demonstrate the ability to:-

- a) Create a safe learning environment
- b) Develop a good technique for jumps and landings
- c) Execute safe falls when moving forward or backwards

STATIC ELEMENTS (BALANCE AND SUPPORT POSITIONS)

The Level 1 Coach must demonstrate the safe coaching of:-

(a) Correct technique in executing static positions on a variety of apparatus for example: floor, beam, single bar, rings, pommel horse, parallel bars as appropriate as a foundation for artistic gymnastics

Positions to include: bridge; straddle stand; pike fold; straddle fold (japana); side splits/front splits; headstand (tucked, stretched); back hang; piked hang; half lever (L sit); straddled V sit position; V sit; tucked top planche; tuck Russian lever; single leg balances, arabesque and Y scale.

FLIGHT (LEAPS AND JUMPS) AND BASIC VAULTING

The Level 1 Coach must demonstrate competence to teach the following fundamental skills:-

- a) 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:
Stretched, tucked, star, straddled; stretched jump with half and full turn; and combinations of these skills
- b) Use safely the trampette and springboard for teaching the above jumps
- c) Teach basic vaulting; run up, take off, landings, squat on jump off, squat through vault, straddle vault

BASIC GYMNASTICS SKILLS

The Level 1 Coach must demonstrate competence to teach the following basic skills:-

- a) **Rolls:** forwards, backwards, (tucked, piked, straddled)
- b) **Handstand:** The handstand as an important key skill in artistic gymnastics. Stepping into handstand. Handstand balance. Handstand to flat back lie on a safety mat
- c) **Basic skills** and elements taught on the floor, platform or beam. Cartwheel; cartwheel into handstand; cartwheel quarter turn inwards on the floor and from a bench as a dismount. Round off. Handstand bridge to stand. Forwards and backwards walkover

BASIC SKILLS ON A SINGLE BAR

The Level 1 Coach must demonstrate competence to develop awareness and good technique in teaching the swinging movements listed below:-

- a) **Single High 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. Correct dismounting technique from swing
- b) **Low Bar:** Circle upward; back hip circle; cast from support to land; cast towards handstand; undershoot from standing

WORKING TOGETHER

The Level 1 Coach must demonstrate the promotion of teamwork through the use of simple exercises with a partner including:-

- a) Working with a partner: warm up drills; partner exercises; demonstration and partner observation
- b) Supporting: supported handstand; supported headstand; supported cartwheel
- c) Using partner as an obstacle: leapfrog

POMMELS, RINGS AND PARALLEL BARS: ADD-ON MODULE

This module is available as an 'add on' to the generic Artistic Gymnastics Level 1 Coach qualification. It may be offered as an extension to the Level 1 Coach Course or delivered as a separate unit with in-course assessment. This module may be delivered by a Men's Artistic Gymnastics tutor or a qualified Men's Artistic Gymnastics Club Coach in the club environment.

Duration of the course: minimum 3 hours.

Pommel Horse:

Front, rear, cross and straddle support positions; single leg pendulum swings ($\frac{1}{2}$ pendulum leg in leg out); development of double leg circles on the floor and mushroom trainer

Rings:

Inverted hang; extended back hang; swing in hang; tucked back somersault dismount

Parallel Bars:

Swing in: forearm support, full support and in hang with bent legs. From swing in forearm support, forward uprise to straddle support and back uprise to swing in support. Dismounts: face vault