

## **RHYTHMIC GYMNASTICS**

### **LEVEL 2 COACH**

#### **Introduction**

During the Level 2 course you will be given instructions on the safe preparation, progression and technique for the listed practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics.

#### **Outcomes:**

##### **At the end of this course learners will be able to:**

- Recall the course programme and when assessment takes place
- Explain the roles and responsibilities of a level 2 coach
- Identify to whom level 2 coaches are responsible
- Differentiate between athlete-centred and coach-centred behaviours and philosophies
- Identify your own basic coaching philosophy
- Define a hazard and a risk
- Assess risks in a gymnastics context
- Understand apparatus set up & use
- Complete a participant profile form
- State the benefits of planning
- Produce a progressive, structured, and athlete-centred session plan
- Select and use a variety of evaluation strategies
- Recognise that people learn in different ways, so the coaching style needs to be varied to accommodate the learners
- Explain the ways in which people may prefer to receive information
- Identify relevant coaching styles to be used at various stages of the skill learning process
- Link coaching skills to coaching styles
- Review others' coaching practice
- Self-reflect

**Common Core Theory:**

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical development
- The growing and developing gymnast
- Fitness and training theory
- Basic nutrition and healthy living
- Development of talent
- Physical training profile norms
- Post course and preparation for assessment
- Biomechanics level 2
- Revision of biomechanics level 2

**Judging:**

- The rhythmic programme
- Difficulty
- Execution
- Dress and apparatus
- Deductions
- Composition
- FIG judge's sheet examples - difficulty

**National Development Plan 2010 Onwards:**

- Structure and regulations
- Club grades

**Practical Delivery:**

- Stamina, strength and suppleness
- Stamina
- Running
- Strength
- Suppleness (flexibility)
- Ballet, dance and posture training
- Arm positions
- Leg positions
- Basic ballet exercises at the barre
- Centre work

**Composition of Exercises:**

- Choreography
- Dynamic aspects
- Music
- Spatial aspects
- Sequence construction
- Forwards roll
- Cartwheel

**Body Difficulties:**

- Jumps and leaps
- Balances
- Rotations

*Apparatus:*

- *Apparatus requirements*
- *Swing and throwing*
- *Throwing and catching*
- *Changes of plane*
- *Ribbon*
- *Clubs*