

GYMEDGE

SPORTS COACH DEVELOPMENT PROGRAMME

GymEDGE is a sports coach development programme that uses core fundamental gymnastics skills and training techniques to build the complete athlete or player.

GymEDGE is for any coach, from any sport, with any ability, who is interested in making their athletes or players better at their own sport by giving them the edge.

The Continuous Professional Development programme is composed of workshops covering three main areas: 1. Gymnastics Fundamental Movement Skills, 2. Flexibility & Stretching and 3. Physical Preparation.

Benefits for coaches include:

- New and innovative ideas for training and coaching sessions
- Understanding of fundamental gymnastics movement skills including: rolling, balancing, jumping, twisting, landing & falling safely
- Knowledge on how gymnastics skills and training techniques can transfer to all sports and be incorporated into a training session
- Ability and confidence to use fundamental gymnastic skills and training techniques as a coaching tool in a sport specific context
- Ability to assess & improve movement capabilities of athletes and players

Benefits for athletes and players include improved and enhanced:

- Rhythm & timing
- Spatial & kinaesthetic awareness
- Ariel awareness
- Injury prevention
- Proprioception
- Physical preparation e.g. core strength
- Flexibility
- Agility & coordination
- Balance (both static and active)

In partnership with



Supported by

**THE
IRISH SPORTS
COUNCIL**



AN CHOMHAIRLE SPÓIRT



COACHING IRELAND
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**For more information &
booking enquiries:**

www.gymnasticsireland.com

ask@gymnasticsireland.com

01 6251125

USING GYMNASTICS TO BUILD THE COMPLETE ATHLETE