

Routine Construction

What I am looking for in gymnasts who want to compete at collegiate level

1. All requirement groups on all events
2. Straight handstands, especially through low back, on floor, rings, pbars and high bar
3. Uniform twisting directions
4. Good air sense (knows what to do automatically when fall or peel occurs)

Floor exercise

1. RO,FF, hollow layout with head neutral or in
 - a. Able to flip without head throw
2. Front layout, front pike $\frac{1}{2}$ twist
 - a. Good under arm or sidearm fwd throw on layout (no ducking of head)
 - b. Finish layout with arms out to side at shoulder height
 - c. Cover distance
 - d. Front pike $\frac{1}{2}$ with twist late initiated with elbow of twisting side
 - e. Head neutral or down during $\frac{1}{2}$ twist
3. Power hurdle, RO,FF, Arabian dive roll
 - a. Arm swing coordinated with hurdle
 - b. FF to insure square takeoff
 - c. Dive roll over the top with head watching arms lead
 - d. Stretched body entire air time until hands contact floor
4. RO, whip, whip $\frac{1}{2}$, dive roll or 2 foot fwd handspring
 - a. Tight whip that finishes hollow, arms at shoulder height
 - b. Whip $\frac{1}{2}$ with elbow $\frac{1}{2}$ out, finish in arched punch
 - c. If dive roll, maintain arch into roll
 - d. If 2 foot handspring, arch punch to hollow reach
5. RO, FF, Back layout with 1/1 twist
 - a. Full twist initiated with arms
 - b. Head neutral
 - c. Good landing posture

Press to handstand in routine so gymnast learns to press and hold handstand

Encourage originality / signature corner move to be competed when clean

Pommel Horse

1. Circles on pommels
 - a. Should see best circles a gymnast has to offer

- b. If gymnast can't swing with legs together, straight arms and legs, pointed toes and some extension, then needs to consistently work circles someplace (mushroom, buck, floor mushroom, single pommel floor mushroom) to get desired circle
- 2. Moore or back moore
 - a. Moore used for lack of range of motion gymnasts
- 3. 2/3 sivado or 1/3 fwd travel to end – preferred
 - a. Preferred because fwd can evolve to pommel loop
- 4. ¼ spindle to uphill or downhill circle
- 5. Single leg cut in to scissor
 - a. Hip movement essential, back scissor test
 - b. No pressing action
- 6. Pick up to circles
 - a. Immediate extension
- 7. Kehre or stockli to end
 - a. Make sure it is opposite of end of horse
- 8. Russian 180 or 360 to flank dmount

Additional skills: tramlot, moore with stockli to uphill circle, back moore down to downhill circle, from loop step up to pommel loop

Rings

- 1. Back uprise to straddle planche or cross
 - a. Must develop cross and planche strength for tight shoulder guys
 - b. Develop planche for flexible guys

--back uprise straddle L used as progression for straddle planche and mental substitute for swing to strength
- 2. cross or straddle planche preferred
 - a. if not able, front or back lever
 - b. minimum, really good L
- 3. Press to handstand
 - a. Hollowback used for those with bad technique on straight arm press
- 4. Bail to dislocate

5. Swing to handstand, back giant preferred due to less injuries on shoulders
 - a. straight arm feldge as progression substitute (second press used here different from first)
6. front bail to honma to L
7. Dismount fwd or bwd depending on air sense preferences

Vault

1. Develop Handspring first to prioritize the following:
 - a. Run
 - b. Hurdle and arm action
 - c. Board hit location and body tightness
 - d. Reach
 - e. Block action and body tightness

*simultaneously develop vault air sense off end of tramp
2. Tsukahara and Yurchenko vaults develop at same time
 - a. tsukahara use double boards into pit
 - b. yurchenko use RO onto board then 2B tucked into pit
 - 2B piked
 - 2B (whip layout, to tuck)
 - 2B (whip layout, to pike)
 - 2B (whip layout, to hollow layout)

Parallel Bars

Dream warmup turns: giant swing w/ hollow and arch x 2, basket swing w/ compression both directions x3, cast to pits, 3 fwd pit rolls w/ arch –hollow- arch tap, 3 bwd pit rolls w/ arch kick to open chest over top, fuprise, swing early fwd piro, swing hop handstand, swing early fwd piro

2nd turn slightly different: giant swing x 2, basket swing x 3, kip to support, layaway, 3 bwd pit rolls, 3 fwd pit rolls, back uprise tap to handstand, swing bwd piro, swing hop hand, swing bwd piro

1. Cast support or peach to support
 - a. If not, then peach to glide
 - b. If not, then glide to swing hand
2. Moy to support
3. Swing pirouette (fwd or bwd)
4. Stutz
5. Cast to pits, early drop preferred, late drop easier
6. Back uprise cut and catch to L, press hand or back uprise handstand
7. Front uprise
8. Swing hand or swing pirouette (bwd or fwd, whichever has not been done yet)
9. Back layout with open chest or front pike open off after front uprise

High Bar

- Develop ½ turns to learn basics of high bar tap
1. Blind change
 - a. Follow with pirouette (learn to piro on both hands)
 2. Inbar skill
 - a. Look at flexibility, if tight, then teach weiler and freehip, if loose, then endo and stalder
 3. Dorsal
 - a. Rolls are easiest for most
 - b. Use stoop for those who are flexible
 - c. Use takamoto if dorsal hurts shoulders or fearful of turns to dorsal
 4. Flight

Progressions

 - Hop ½ turns
 - Flank vault
 - Voronin
 - Hop giants
 - Takatchev, Gienger, Jager (find out on tramp with use of kaboom which they are best at)
 - Advanced flight : Kovacs, Deff, Winkler, Gaylord 2
 5. Dismounts
 - a. Do not teach all gymnasts the same dmount
 - b. Pay attention to air sense clues and lead them to a dismount that utilizes their strengths
 - c. Develop dismount with a lot of attention and time
 - d. High bar dismount can be one of the greatest joys of gymnastics.