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# **GFA COACHING COURSES OFFICIAL SYALLBUS**

April 2024

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## CONTENTS

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1. IGA Coaching Course Policy
2. Gymnastics For All Level 1
3. Gymnastics For All Level 2



## IGA COACHING COURSE POLICY

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### **Gymnast Criteria Attendance:**

Coaches MUST BRING gymnasts who meet the specific criteria for the level of the course they are attending. It is essential to ensure that the gymnasts are at an appropriate skill level for the course content. This policy aims to optimise the learning experience for both coaches and gymnasts.

### **Safeguarding Attendance:**

Coaches are NOT permitted to attend a course without accompanying gymnasts. This policy is in place for safeguarding reasons to maintain a secure environment. The presence of gymnasts ensures that coaching practices can be demonstrated and observed in a practical setting, fostering a safe and supervised learning environment. Coaches arriving without accompanying gymnasts may be refused entry by the tutor. Tutors are not accountable for supplying gymnasts and depend on coaches to ensure their presence for the successful conduct of the course.

### **Coaching Attire:**

Coaches MUST ATTEND the course in suitable attire conducive to a gymnastics training environment. This includes wearing appropriate sportswear without jewelry and ensuring that long hair is securely tied back. This policy is in place to prioritise safety, hygiene, and a professional appearance during the coaching sessions.

### **Course Frequency:**

We recommend that coaches schedule their next course only when actively coaching at the corresponding new level, with their gymnasts also performing at that level. Coaches who participate in courses prematurely will have a high risk of not successfully completing the course. IGA recommends waiting a minimum of 6 months before attending the next level.

### **Booking Process:**

Club administrators or IGA Members MUST BOOK courses through our event portal in the name of the intended attendee. It is imperative that clubs do not reserve places for other members. This policy ensures accurate participant records, helps manage course capacity, and maintains transparency in the registration process.

### **Eligibility Process:**

Only eligible attendees will be accepted through our online portal. As our courses tend to reach full capacity rapidly, late entries cannot be accommodated once the course is fully booked. To ensure compliance and safety, all members will undergo verification during the booking process to confirm the possession of valid IGA insurance. This policy is implemented to maintain the quality and security of our courses.



## GFA LEVEL 1

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### Floor Skills:

- Warm Up & Cool Down
- Balance & Tension Activities
- Jumping understanding rebound
- Landings, How to find the landing shape.
- Basic Shapes
- Basic Stretches
- Forward & Backward Roll
- Headstands
- Handstands
- Handstand Fwd Roll
- Cartwheels

### Vault Skills:

- Run up
- Take off hurdle step and jump from the board
- Landing drills
- Squat vault, Jump off
- Straddle Through Vault

### Low Bar Skills:

- Teaching the upward circle
- Cast from support
- Backward hip circle
- Introduction to swings

### Beam Skills:

- How to coach beam
- Beam Basics
- Mounting & Landing safely
- Understanding beam progressions

### Course Structure:

- 1 Day Course

### Common Core:

- The roles and responsibility of a level 1 coach
- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Principles of spotting
- Fundamental principles of coaching;



## GFA Level 2

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### Floor Skills:

- One handed Cartwheel
- R/off including teaching the hurdle/lunge
- Handstand Bridge to stand
- Forwards & Backwards Walkover
- Handsprings
- Back Flick

### Vault Skills:

- Run up
- Take off hurdle step and jump from the board
- Landing drills
- Handspring Flat Lie
- Handspring Vault
- Include Trampette work (front somersault)

### Low Bar Skills:

- Squat on low bar, stand to jump to high bar
- Cast from support
- Undershoots (Standing & Straddled)
- High Bar Swings
- Trolley Swing
- Learning different hand grips

### Beam Skills:

- Jumps
- Forward Rolls
- Spin progressions including half spin
- Handstand on the beam
- Dismounts (R/off)
- Including Floor Skills and transferring them to the beam.

### Course Structure:

- 2 Day Course

### Common Core:

- The roles and responsibility of a level 1 coach
- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Principles of spotting
- Fundamental principles of coaching.
- The growing and developing gymnast.
- Leading a team of coaches





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## GFA Level 3

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### Floor Skills:

- Free Cartwheels
- R/off Flick
- R/off multiple flicks
- Tuck Back Somersault
- Front Somersault (Tucked & Piked)
- Backward Roll to Handstand
- Chasse Split Leap

### Vault Skills:

- Handspring to stand
- 1/2 on vault
- 1/2 on 1/2 off vault

### Low Bar Skills:

- Upstarts
- Sole Circle
- Straddle Shoot from Cast
- Straddle Shoot 1/2
- 3/4 Giant
- Tuck on Catch 3/4 Giant

### Beam Skills:

- Cartwheel
- Backward Walkover
- Tick Tock
- Forward Walkover
- Front Somi Dismount
- Connecting Skills (Cartwheel into W/over)

### Course Structure:

- 2 Day Course

### Common Core:

- The roles and responsibility of a level 3 coach
- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Principles of spotting
- Fundamental principles of coaching.
- The growing and developing gymnast.
- Leading a team of coaches